

Trilogy Living

Garden Variety

There's nothing ordinary about Trilogy's Garden Club, a group that continues to educate its members through interactive trips and seminars. Turn to the Editor's Note on page 4 to meet the members here and learn more.

Index:

Walktober pg. 18

Concert ~ Jennifer Lind pg. 5

Comedy Night ~ Stephen B Pg. 6



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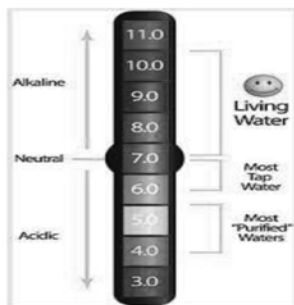
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FREE Water Wellness Workshop: October 29th @ 1:30 p.m.
500 Sugar Creek Lane, Rio Vista. Groups are small.

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From the Master Association

Melissa Coleman

President

Executive Session: Reporting of the Executive Session on September 12th was limited to items where actions were taken. Here is a full report. The Executive Session was lengthy and a few items were tabled until the next meeting.

Legal/Litigation

- **Water Rights:** in December 2015, the Board requested Legal Counsel to review the "Grant of Temporary and Permanent Easements for Water Wells and Other Facilities". This document is part of the Marks Ranch Project (Trilogy). In short, it possibly provides easement rights to draw water from the Agriculture Wells on the project property. Currently the Agriculture Wells are owned by the Golf Course. Even with easement rights, there would be costs associated to negotiate with the Golf Course owner for access and shared maintenance of the wells. This may be considered in the future if the possibility to reduce the Association's water expenses for landscape irrigation exists.
- **Dog Park:** Shea Homes has submitted the plans to the City Community Development Department.
- **Amenities Negotiations:** report given by Don Love regarding the previously suggested agreement with Shea Homes, detailing the "shell of a building" will be flooring, walls, ceiling, including electrical, plumbing, heating and air conditioning.
- **Beer & Wine License:** research is being done on the possibility of obtaining a Beer & Wine license.

Personnel

- **New Ad Hoc Committee:** Street Lighting: after the report last month, it was decided to form an Ad Hoc Committee to do further research on the possible replacement of the Street Lighting with LED. The specifics of what the Committee will be tasked with will be provided at the time the appointments are made. If you are interested in being on the committee, please contact the Administrative Office for an application.
- **Golf Course Liaison:** it was determined, since the Association has no authority regarding the Golf Course, there no longer would be a liaison. Noting Ron Chalmers resigned in February.
- **Minimum Wage Impacts:** the minimum wage will increase to \$15.00 over the next 6 years. When there is an increase of minimum wage, there is a review of the entire payroll scale. In the past, it presented needed changes to all positions. As the Board begins to prepare for the 2017/18 budget, pay scales and positions will be reviewed.

Formation of Contracts

- **Website:** the Board confirmed dedicating the needed finances for a new website and funding the necessary components.

(continued on p. 16)

TRILOGY AT RIO VISTA

D I R E C T O R Y

Master Association Board of Directors

Melissa Coleman, President 707-374-6874
Patty Kohn, Vice President 707-374-2737
Teresa Fraser, CFO 415-407-8563
Joel Auslen, Secretary 707-374-5808
Don Love, Director at Large 707-374-6882

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Village Oakmont - Don Love 707-374-6882
Village Riviera - Minnie Howell 510-866-8786
Olympic Village - Joel Auslen 707-374-5808
Saddle Rock Village - Roger Kohn 707-374-2737
Eagle Point Village - Mark Weiss 925-980-7249

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Administrative Policies - Arthur Fox 707-374-0068
Document Revision - Bob Sather 707-374-1384
Emergency Action - Barry Fraser 415-407-8529
Access - Art Darden 707-374-3455
Amenities - Joe Downes 707-374-7520

Village Board Presidents

Village 1 - Larry Mork 707-374-3389
Village Oakmont - Walt Manos 707-374-2827
Village Riviera - Donald Seyk 707-374-6407
Olympic Village - Richard Pettijohn 707-374-3065
Saddle Rock Village - Art Darden 707-374-3455
Eagle Point - Mark Weiss 925-980-7249

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Delta: Admin Office 707-374-4843 Fax 707-374-4891

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Joan Azlant, Kathy Erwin, Bill de Manincor

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Guest Registration - community.dwellinglive.com

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Sir Flair's 707-374-4400

Golf Course 707-374-2900

Shea Customer Service 1-866-535-9989

From the Editor



Andrea Stuart

*Mary, Mary, quite contrary,
How does your garden grow?
With silver bells, and cockle shells,
And pretty maids all in a row.*

Rio Vista has some of the most beautiful weather offered in California, making it a friendly place for flowers, trees, and shrubs to thrive. Perhaps this is why the Garden Club has become so popular. From field trips to gardening presentations, the club continues to create opportunities for learning about how to make your garden grow.

Celebrating it's one-year anniversary, the Garden Club is featured on this month's cover. (Photo taken by Robie Williams.) Standing in Gary and Andrea Scheib's lovely garden, which features a waterfall flowing into a creek, The Trilogy Garden Club Steering Committee is shown from left to right: Presentations Coordinator Donna Moore, Workshop Coordinator Kathleen Klessen, President Harish Chinai, and Vice-President Nelda Nelson. To learn more, turn to the Garden Club's article on page 33.

Enjoy the beautiful weather as we move into fall. Happy Autumn!

Priority List for Emergencies

If you or someone you know has special needs (oxygen, electricity for dialysis, etc.) and wants to be placed on a priority list for assistance in the case of an emergency, please contact Member Services Coordinator Cheryl Lucas at (707) 374-4203 or clucas@actionlife.com. Please provide your name, address, phone number, and describe your special needs.

From the Board of Directors: The publisher retains the right to edit articles and advertising to conform to content and space requirements. The Trilogy Board of Directors is not responsible for expressed opinions or for the authenticity of all presented facts in articles and advertisements. Viewpoints contained in this newsletter are not necessarily the opinions of the Trilogy at Rio Vista Master Association, the Board of Directors, its officers, or management.

From the Activities Director



Debbie Dorn

September's events brought residents many opportunities to explore, discover and get connected with Trilogy's hobby-interest clubs and groups! Watch for more activities announced

in the Club section articles of these monthly publications, and a brochure listing of clubs with contact information is available from Member Services at the Vista Club.

Turning to what's ahead, watch for these special events!

- **October Computer Classes** (see page 41)
- **10/01 Trilogy Community Garage Sales**
- **10/02 Concert: Jennifer Lind's 'A Journey Through American Music'**
- **10/7 - 10/9 Rio Vista City Bass Festival**
- **10/9 and 10/23 Trilogy Produce Market**
- **10/16 Dance to Solid Gold ~ Dance Club**
- **10/17 Travel Discovery ~ Beijing to Hong Kong**
- **10/19 Trilogy Pop Fest 4**
- **10/21 Comedy Night Featuring Stephen B**
- **10/22 Shredding Service** (see page 6)
- **10/28 Bingo**
- **10/29 Dance Concert ~ Tri Tip Trio and the Soul Line Dancers**
- **10/30 Family Halloween Party**

Get Ready!

- **11/3 CPR/AED & First Aid**
- **11/6 Daylight Savings Time Ends ~ Turn Your Clocks Back!**
- **11/7 Trilogy's New Year's Eve Grand Ball ~ Pre-Registration**

Your comments and suggestions are always valued. Send an email anytime to ddorn@actionlife.com. My mailbox is always open!

Employment Opportunity

We are seeking to fill one part-time staff position in the Activities Department. Primary duties of Day Porter and secondary duties of Facility Monitor. For job description and to apply, go to www.actionlife.com, click "contact us," "careers," to find "Part Time Day Porter – Trilogy at Rio Vista" and "Apply Now." Email Debbie Dorn ddorn@actionlife.com or call 707-374-4204 once you have applied.

For non-delivery of *Trilogy Living*, contact Member Services at 707-374-4200.



Computer Classes ~ October

Learning Center Vista Club

There are a variety of introductory or special interest classes to help you become more comfortable with common computing conveniences! See Page 41 for more information. Limited space available, sign up at Member Services.

Trilogy Produce Market

Sunday October 9 and 23, 10 a.m. - 3 p.m., Delta Club



Experience Trilogy's marketplace! Trilogy's Produce Market provides wonderful produce and other specialties. Bring your neighbors and stock up! It's easy to keep a fresh supply of fruits, vegetables and specialties on hand without leaving Trilogy.

Blood Pressure Check ~ Free

Thursday, October 13, 9 - 10 a.m., Library Delta Club

Have your blood pressure checked the second Thursday of every month at the Delta Club Library between 9 - 10 a.m. Stop by and keep that blood pressure in check!

Trilogy Community Garage Sale ~ Open to the Public

Saturday, October 1, 9 a.m. - 3 p.m.

Everyone can participate! Seller marked maps are emailed to residents by September 30, and made available to visiting buyers at the Welcome Center the day of the sale. Copies will also be available at the Vista Club on sale day. There are three steps for sellers:

- Obtain a garage sale permit for \$1 from Member Services at the Vista Club prior to October 1. Permits are a city requirement.
- Tie an inflated balloon from your mailbox or tree.
- Open your garage door.

When you finish selling, remove the balloon and close your garage door. The sale is open to the public, advertised in the local papers. Outside buyers will not be allowed through the gates until 9 a.m., and residents are asked to postpone their shopping until 9 a.m. in consideration of sellers setting up for the sale. Questions, contact Member Services at 707-374-4200 or email Debbie Dorn at ddorn@actionlife.com.

Travel Discovery: Beijing to Hong Kong

Monday, October 17, 6:30 - 8 p.m., Diablo Ballroom Vista Club ~ Free

Presented by Teri Malkin and Linda Solomon"

Come on a 19-day journey through China. See the Forbidden City, Great Wall, Terracotta Warriors, and experience a luxury cruise down Yangtze River through the fantastic scenery on the three gorges. Find the ethereal limestone monoliths of Gulin. Visit a tea farm and enjoy a tea ceremony. Marvel at the sophistication of Shanghai and the rise of capitalism in a



Concert ~ Jennifer Lind 'A Journey Through American Music'

Sunday, October 26, 6:30 p.m.
Diablo Ballroom Vista Club ~ \$15

Join the captivating Jennifer Lind of the New Christy Minstrels as she captures the ever-changing styles of music—from American classics to folk, blues, pop, country, Motown, and more! Bring your favorite snacks and friends!

Sign up at Member Services.

www.JenniferLind.net



"communist" country. Finish in bustling Macao and Hong Kong on a not to be missed journey. Come for a video and Q&A session. Light refreshments will be served, or bring your own. Although there is no fee for this event, sign up at Member Services to reserve table seating.

Concert ~ Trilogy Pop Fest

Wednesday, October 19, 7 - 9 p.m.

Diablo Ballroom, Vista Club ~ \$5

If you enjoy light musical entertainment, often known as "pop" music, you are in for an evening of diversion that you will long remember. It's the third annual Trilogy Pop Fest featuring musical selections from: Delta Breeze Chorus; the Delta Divas, a group of talented lady singers in our community; the 18-piece Trilogy Jazz Band; and the popular 3JB Quartet. Also featured will be Delta Harmony, an entertaining group of 10 mixed voices; and Delta Tones, an a cappella vocal quartet. Bring your favorite munchies and beverages, relax and enjoy the show. Sign up at Member Services for a limited number of seats.

Comedy Night Featuring Stephen B

Friday, October 21, 7 p.m., Diablo Ballroom, Vista Club ~ \$15



Absolutely hilarious! The best in professionally clean stand-up humor! Stephen B has performed for more than 30 years for clubs, casinos, corporate events, Christian venues and on Comedy Central. He also opens for headlining musical acts like Michael Bolton, Wierd Al, Manhattan Transfer, Hiroshima and Al DiMeola. Bring

your favorite refreshments to enjoy during the performance. Sign up at Member Services.

Free Shredding Service

Saturday, October 22, 9 - 12 p.m. (Or until truck fills!)



The shredding truck will be parked in the Delta Club overflow parking lot near the tennis courts. Limited to five boxes per member. Remember to remove all paper clips, binding materials or similar objects other than staples. This service is provided compliments of Rio Vista Sanitation.

Open Mic and Karaoke Nights Return January and February!

These two popular events will return, they're simply re-scheduled from November and December to make way for this eventful holiday season! Watch for the return for amazing entertainment along with spontaneous sing-a-long good times specially designed for your fun and enjoyment!

Dance Concert ~ Tri Tip Trio with the Soul Line Dancers

Saturday October 29, 6:30 - 9:30 p.m.,

Vista Club Diablo Ballroom ~ \$15



Bruce Gordon and Lloyd Meadows first combined their musical chemistry in 1991 forming Zydeco Flames. Their magic sounds come alive today as the Tri Tip Trio.

Lloyd's mesmerizing washboard, harmonica and soulful vocals, with Bruce's funky, bluesy accordion, and Louie Rodriguez on drums will keep you dancing on your feet or in your seat! Bring family, friends, dance shoes, and favorite refreshments! Check in begins 5:30 p.m. Limited sales, so sign up early at Member Services, Vista Club.

Family Halloween Party

Sunday, October 30, 2 - 4 p.m., Delta Club

\$10 per family plus \$1 for each child participant

Plan for a great party with the family! Kids can join in a costume parade, plenty of laughs, good times, family pictures and a treat bag! Cost is \$10 per family plus \$1 per child. Sign up at the Vista Club Member Services. Would you like to volunteer to help with this fun event? Contact Debbie Dorn at ddorn@actionlife.com or 707-374-4204.

Save A Life With CPR/AED & First Aid Instruction!

Thursday, November 3, 9 a.m. - 1 p.m.

Monterey Room Vista Club ~ \$60

It is good to know how to help someone in trouble. It could be your spouse or it could be your grandchild.



The class provides a two-year certification in CPR/AED & First Aid at a great value. Limited space available. Sign up with Member Services by 10/28/16, at the Vista Club.

Veteran's Day Tribute

Friday, November 11, 1 - 3 p.m.,
Diablo Ballroom, Vista Club ~ Free



This day is the anniversary of the signing of the armistice, which ended the World War I hostilities between the Allied nations and Germany in 1918. Since 1954, Veterans Day is declared a day of thanksgiving

to honor and thank all military personnel who served the United States, particularly living veterans. Join us to honor all veterans. Presentation by the Color Guard, music by Trilogy Jazz Band, Delta Breeze Chorus, and a special guest speaker. No sign up required. All Veterans are asked that you remain for the group photo immediately following the program.

Trilogy Veterans Ball

Friday, November 11, 6 - 10 p.m.,
Diablo Ballroom Vista Club ~ \$35 per person

Whether you enjoy a fine catered dinner, live music, dancing or just the camaraderie you had in the service, plan to attend the Veterans Ball. This is the fourth annual Veteran's Day Ball for Trilogy Veterans and their guests. Registration will open to others beginning October 15, as available. The reception begins at 6 p.m. with dinner at 7 p.m. Music and dancing will follow. This is a semi-formal affair or service dress uniform. Bring your own adult beverages of choice and prepare for a fun-filled evening with your fellow service members and guests. Seating will be limited and expect this to sell out quickly. Sign up at the Member Services desk in the Vista Club. Sign up as a group if you want to sit with others. For further information, contact Ron Waite at 707-374-6714 or 925-216-7488.

Fall Gift, Craft, and Art Faire Plus Jewelry Show

with live entertainment

Saturday, November 19, 10 a.m. - 3 p.m., Vista Club

Don't miss out on this convenient yet unique selling and shopping experience at Trilogy in time for the holidays! Plus, enjoy live entertainment in the Grand Living Room 11 a.m. - 2 p.m., and the Café Vista will be open until 3 p.m.!

Raffle sales and drawings are held throughout the event with all proceeds to benefit Meals on Wheels.

Would you like to receive the vendor registration notice for the next semi-annual faire? Ask Member Services at the Vista Club to add you on the e-mailing list. Questions, contact Member Services at 707-374-4200 or email Debbie Dorn at ddorn@actionlife.com.

Tree Decorating Social ~ with Pianist Jim Hurt

Saturday, November 26, 10 a.m. - 1 p.m.
Grand Living Room, Vista Club

It's an ole fashioned get-together and decorating social for the holidays! There is plenty of space needing your decorative touch! Light refreshments will be served and the Café Vista will be serving until 3 p.m. This is sure to be a great time sharing the holiday spirit! Sign up at Member Services at 707-374-4200 and gather at the Monterey Room.

Holiday Decorations Sell, Shop or Swap

Plus ~ 2015 Seasonal Events Slideshow

Saturday, November 26, 10 a.m. - 1 p.m.
Diablo Ballroom, Vista Club

Do your holiday decorations need a change? Looking for ideas? Here is your perfect opportunity to sell your items, shop for other items or swap your items for others! Sign up for a table to present your decoration items. This opportunity isn't limited to only this season's decorations! You may find unique treasures to complete any theme! Get into the spirit of the season with holiday decorating and socializing with your neighbors! Light refreshments will be served. Sellers, sign up now for your free space on the Diablo Ballroom round tables by calling Member Services at 707-374-4200. If you have large items, no worries: bring photos for display!

Tree Lighting Ceremony ~ It's an Inspirational Tradition

Sunday, November 27, 5 p.m.
Vista Club Grand Living Room ~ Free

Join in this Trilogy Experience that will heighten your sensations of the holiday season through performances by *Delta Breeze*, *Delta Harmony* and an instrumental ensemble from *Trilogy Jazz Band*. No signup required.



Travel Discovery Series: Beijing to Hong Kong

Presented by
Teri Malkin and Linda Solomon

Come on a 19 day journey through China. See the Forbidden City, Great Wall, Terracotta Warriors, and experience a luxury cruise down Yangtze River through the fantastic scenery on the three gorges.

Find the ethereal limestone monoliths of Gulin. Visit a tea farm and enjoy a tea ceremony. Marvel at the sophistication of Shanghai and the rise of capitalism in a "communist" country. Finish in bustling Macao and Hong Kong on a not to be missed journey.

Join them for a video and Q&A session.

October 17, 2016

6:30 p.m.

No Fee

Diablo Ballroom

Vista Club



Light Refreshments Served

Sign up at Member Services 374-4200

Club Ornaments for the Delta Club Holiday Tree



Trilogy clubs and groups, here's another opportunity to share your message! Get creative, gear up for the holiday spirit and get your club represented on the tree! Clubs can craft two ornaments no larger than six inches each. Drop those off at the Member Services desk by Monday, November 21. Please contact Debbie Dorn with any questions at ddorn@actionlife.com or 707-374-4204.



November 11
Vista Club
Diablo Ballroom
1:00 p.m.

Tribute

*No Sign ups Required
Other than Veterans see below **

Trilogy Veterans Slideshow *

**USAF Honor Color Guard &
Guest Speaker**

Music by
Trilogy Jazz Band
Delta Breeze Choir
Light Refreshments

Attention Trilogy Veterans Act Now:

- => * update slideshow information at the Vista front desk *
- => register for the evening Veterans Ball at the Vista front desk

**Group photo immediately follows and
Veterans are encouraged to wear their service uniform.**



Veteran's Ball

Friday, November 11, 2016

6:00 – 10:00 p.m. Vista Diablo Ballroom

Doors Open & Reception at 6 p.m.

Catered Old Glory Buffet at 7 p.m.

Featuring Tri-tip Beef and Chicken Normandy

Dance Music by AfterGlow

Bring Your Own Adult Beverage of Choice
Military Service/Mess Dress or Semi-Formal

No Hats Please

Sign up at Member Services at the Vista Club \$35 pp
Sign up as a group if you wish to sit with others.

For more information, contact Ron Waite at (6714) or 925-216-7488





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Assessment Notice

Association Assessments are published monthly on this page of *Trilogy Living*. This is an additional vehicle for checking your current assessment. Coupons will reflect the monthly assessment for those receiving them. Those on automatic withdrawal (ACH) may check their bank statements after the 5th of the month to see the amount taken out and all members may register at www.actionlife.com to monitor their accounts 24/7. If you have questions or need help registering online, please call the Administrative Office 707-374-4843.

Assessments for the month:
Master Association \$125.60
Plus the appropriate Village Assessment below:

Village I	\$5.25
Village Oakmont	\$5.20
Olympic Village	\$5.10
Village Riviera	\$5.25
Saddle Rock Village	\$6.00
Eagle Point	\$0
(None until dormancy ends)	

Amenities Committee

The Amenities Committee, as appointed by the Master Board, held an organizational meeting on August 22 and elected the following officers: Chair - Joe Downes, Vice-chair - Warren Oglove, and Secretary - Rayno Niemi. The remaining members of the seven-member committee are Barb Downs, Don Seyk, Gary Swieso, and Lynn Traver. The Master Association liaison is Patty Kohn. The committee voted to hold open meetings on the third Monday of each month from 2:30 to 4 pm. The location to be announced and publicized within the community on My Trilogy Life (MTL) and This Week at Trilogy, the weekly email notice. All homeowners are invited to attend the monthly meetings. A report will also be made at the monthly Master Association meeting. More to follow as the committee moves forward. For more information, contact Joe Downes, josephdownes@citlink.net.

Emergency Action Committee

Were you aware that 62 percent of people, mistakenly believe that they have at least five minutes or more to escape a burning home? That's more than twice as long as they really may have. Eighteen percent believe they have 10 minutes or more to escape. Fire experts agree that people may have as little as two minutes to escape a burning home before it is too late to get out! That's why it's important to have working smoke alarms in your home. Test smoke alarms every month and replace the batteries as needed.

Sixty percent of house fire deaths occur in homes with no working smoke alarms. You should also develop an escape plan. Practice your plan until everyone in the household can evacuate in less than two minutes. The Emergency Action Committee has more information regarding fire safety and disaster know how. It is our goal to share this information with our neighbors in Trilogy in order to be prepared for the unexpected.

The Emergency Action Committee is an all-volunteer committee under the direction of the Master Board. We meet the 2nd and 4th Tuesdays of every month at 7 p.m. in the River Room at the Delta Club. Everyone is welcome to attend. We are always looking for new members. You can contact our Chairperson Barry Fraser at 415-407-8529 with any inquiries.

Eagle Point Village Residents' Club

Please note that the Eagle Point Village Homeowners Association meeting for November has been moved up to Monday, November 21 at 6:30 p.m. in the River Room of the Delta Club as Thanksgiving falls on the customary meeting date.

During September, Eagle Point volunteers manned tables in the Delta and Vista Clubs to encourage residents to "Opt In" and sign up to receive governance documents electronically, thus saving the community thousands of dollars in paper costs.

The Eagle Point Ladies' coffee group meets every Wednesday at 10 a.m. on the patio of the Vista Club, where neighborhood women share friendship and information, and plan special events. Come and join in or for more information, call president Mimi Hawawini at 408-210-6306.

Association Meeting Calendar October 2016

Master Association Board Meeting

Tuesday, October 11, 2 p.m.
Diablo Ballroom, Vista Club

Joint Architectural Committees

Monday, October 17, 10 a.m.
River Room, Delta Club

Access Committee

Monday, October 24, 1 p.m.
River Room, Delta Club

Administrative Policy Review Committee

Thursday, October 12 and 26, 5 p.m.
Sonoma Room, Vista Club

Adult Committee

Thursday, October 27, 1 p.m.
Rio Vista Room, Delta Club

Amenities Committee

Monday, October 17, 2:30 p.m.
Diablo Room, Vista Club

Emergency Action Committee

Tuesday, October 11 and 25, 7 p.m.
River Room, Delta Club

House Renovation Committee

Monday, October 10, 3 p.m.
River Room, Delta Club
October 24, 3:00 p.m.
Monterey Room, Vista Club

Olympic Village Residents' Club

The "Olympic Village Residents' Soup and Salad Get-Together" indoor dinner event is scheduled for October 27 from 5:30 - 7:30 p.m. Food (soup/salad/bread) signup is posted at the Delta Club by the village boxes in the hall. Activities will include eating, meeting old and new friends, raffles, prizes, games, and many other fun events. Please get this important date on your calendar ASAP. A reminder flyer will be "tubed" as we get closer to the big event.

If you would like to participate in the planning of these events or if you need additional information, please contact Rich Pettijohn, OV President, at 707-374-3065 or Lee Ann Fable at 1-484-707-0935.

Olympic Village Kare Bears

The reactivated Olympic Village Kare Bears provided Area Agency on Aging Serving Napa and Solano (AAOA), paratransit eligibility, and transportation information to some of our Olympians. We also provided a wheelchair to a needy party. Olympic Village Kare Bears is available to all of our residents. If you or a neighbor is in need of help with rides to appointments, home help, and/or meals due to medical reasons please do not hesitate to call. If you would like to be an Olympic Village Kare Bear or if you need help, please contact Rich Pettijohn at 707-374-3065.

Saddle Rock Village Residents' Club

As we welcome in fall to Saddle Rock Village, we are excited about our end of the year events: our November 9 Jackson Rancheria Casino bus trip, our Holiday Party "Snowflakes & Satin" on Saturday Dec. 3 at 6 p.m. in the Diablo Ballroom of the Vista Club, and our Village Christmas Caroling on Dec. 9 at 6 p.m. I am so pleased to represent an active village.

The annual Block Party "Americana BBQ" was held on September 17, 2016 in the Delta Club. It was the largest crowd we have ever had. It was indoors and catered by Dickey's BBQ. Music was provided by Denny James, our own Saddle Rock resident. Fun was had by all, in true Saddle Rock tradition.



Our last meeting of the year will be Wednesday, November 16, 2016. It will be held in the Delta Club at 6:30 p.m. The Saddle Rock Village Executive Board will meet in the first hour, with the Residents' Club immediately following at 7:30. We will of course have our social hour directly following at 8:30 p.m.

For information, please contact Dana Hoover, President Saddle Rock Village Residents' Club at 707-374-3455 or time4dana@mindspring.com.

Village Oakmont Residents' Club

Our next meeting will be October 3 at 3 p.m. in the Monterey Room at the Vista Club. We will be assigning members to a nomination committee, so if you would like to help please attend or let us know. Also, if you would like to hold a position on the Residents Club Board please let us know.

August 21 was our International Potluck at the Delta Club. There were more than 75 in attendance and everyone agreed they would like to see this continued next year. At the September social meeting we discussed the events planned for 2017. Our first event will be a new one—an



Oscar Party on February 26, 2017. Each table will feature one of the nominated movies and there will be plenty of games and prizes. Residents will bring their own bottle and an appetizer to share. Oakmont will provide popcorn, movie candies, and sodas. Posters and flyers will be out in January to let everyone know all the details. We will also put on the International Potluck in August.

Look for more details next month about a Christmas Mailbox Decorating Contest with the homeowner opening up their home for a little Christmas Cheer.

Upcoming Dates:

Oct. 3: Social Meeting

Nov. 7: Social Meeting

Dec. 4: Holiday Dinner/Dance at Vista Club

Dec. 5: Residents' Meeting followed by Social Meeting.

Village Oakmont Kare Bears

As fall approaches and summer winds down, the Oakmont Kare Bears are busily making plans for our upcoming holiday luncheon, election of officers in February, and much more.

Our annual holiday luncheon will be held in November. The date, time, and place will be decided at a future meeting, so everyone can make plans and enjoy.

We will also be having election of officers in February. If you or anyone you know is interested in becoming an officer, call Annelie Voit at 707-374-4968, or come join us at our meeting and let us put you on the list. We also need a few people to be on the election board to organize everything. If you're interested in being on this board, please call Kathy Russo at 707-374-2969.

Our hardworking transportation director, Nancy Griffin, was hospitalized recently, and is recuperating at home. She has viral meningitis and is doing better, but is in for a long recuperation. Get well soon, Nancy. Kathy Russo has graciously taken over for her, and can be reached at the above number. Thank you, Kathy.

If you or any of your Oakmont Village neighbors is in need of temporary help for medical reasons: transportation to doctor or medical appointments, meals, help in the home, etc., please call Kathy at 707-374-2969 or Annelie Voit at 707-374-4968.

We have a gentleman who contacted us requesting a "phone buddy." He is alone and would just like someone to phone him every morning to see if he is ok and all is well. If you can help us with this, please call Kathy Russo at the above number.

The next Oakmont Kare Bear meeting will be on Wednesday, October 12 at 10:30 a.m. in the Delta Club. Come early and join us for coffee and goodies.

Family Support Group



The Family Support Group is available to organize a memorial service for any family member who incurs the loss of a Trilogy

resident. For more information, please call Chairperson Claudette Gartner at 707-439-6116, or email her at xbirdlady@myifp.com, or call Barbara Sherison at 707-374-6845, or call Betty Bowley at 707-374-5613.

Village I Residents' Club

Fall is in the air and Village I Resident's Club is looking forward to a full October. On October 5, we will host a potluck at 6 p.m. in the Marina Room of the Delta prior to the Quarterly Meeting. Bring your own drink and table service and a dish to share. A short business meeting will follow. We will be finalizing plans for the Cabaret Night on October 14 and discussing plans for the Christmas Party on December 10.

Cabaret Night promises to be an enjoyable evening of music and dance along with delicious appetizers by ABC Catering. So put on your dancing shoes or just come to listen to the music. The entertainment features the voice of Mike LaVaccare with Grace Bos at the piano. The price is a mere \$20 and proceeds will benefit the Rio Vista Food Pantry. Reservations close on October 7. Don't miss out on the fun!

For more information, contact Tess Felte at 707-374-4778 or email us at VillageOneRC@gmail.com.

Village Riviera Board News

What an exciting time this is for us all. The Master Board is now involved in negotiations with Shea for a fourth clubhouse. The Riviera Board would like to thank all of the homeowners from Riviera and the other villages who

showed their support by attending our May and July meetings where Don Seyk, our village president, reported on the village presidents' meeting supporting a new clubhouse. Members of the Amenities Committee have been selected and will be looking at possible additional uses for our parks and the repurposing of the design center.

Now that the second amended and restated declaration of covenants, conditions and restrictions (CC&R's) of Trilogy at Rio Vista Master Association are about to get voted on by the village delegates, it is time for each village to work on their village CC&R's. It was decided that Barbara Downs would help with this because of her experience with the Master Association CC&R's. There will be further discussion of the village CC&R's rewrite at a future Village Riviera meeting.

The Village Riviera HOA meetings are on the first Thursday of odd-numbered months at 6:30 p.m. in the Marina Room at the Delta Club. Our next meeting is November 3, 2016. The board would like to invite you to join us. If you have questions or concerns, call Don at 707-374-6407. Article by Carolyn Azbell.

Village Riviera Residents' Club

Wind, sunsets, warm weather, cool weather...we get it all this month...maybe even rain.

The Ladies' Luncheon, *Breakfast at Tiffany's*, was again sold out. And once again, it was stunning to look at as a scrumptious meal was served by those handsome waiters. The Diablo Ballroom was as lovely as we have ever seen it and the participating vendors made it interesting and fun for all. Thank you Patty Ramos and Susie Shockley for again doing a beautiful job and creating a wonderful day for our ladies.

Now the Residents' Club members are busy planning for the Black & White Affair, our holiday dinner, taking place on Saturday, December 10. We will be taking early reservations beginning October 15. Call Barb Downs at 707-507-5026 to reserve a full table or just a few seats at a table. Have your checks made out to RVRC along with the list of attendees in your group. You may then drop it off at Barb's house. After October 31, if not sold out, we will send out flyers and put up posters to fill any remaining seats. We are happy to email or deliver a flyer to anyone signing up early. Cost will be \$45 per person. Menu will be on the flyer. Solid Gold will be playing our tunes.

The Village Riviera Residents' Club meets the third Thursday of every month, 5 p.m. in the Monterey Room of the Vista Club. New members are welcome and encouraged to join in the planning and the outcome that makes the events so special. For information, please call Barb at 707-507-5026.

Smoke Detector Safety Reminder

**Test smoke alarms every month
and replace the batteries as needed.**

Replace detectors every 10 years.



Village Riviera Kare Bears

A big thank you to those who responded to our service interest volunteer questionnaire. We will now be able to revise our lists and continue to assist our neighbors in need.

Thank you also to those who stopped by our table at the Club Awareness Day. We always enjoy talking to folks about our club and how we are all "neighbors helping neighbors."

We plan to have a Street Coordinator's meeting on Saturday, October 22 at Carolyn Azbell's home, 515 Twin Lakes. Street Coordinators, you should have been contacted concerning this meeting. If not, please call Carolyn at 206-251-9446 and let her know if you can come.

Our nominating committee is working to present a slate of officers for the coming year. It will be presented at our October meeting.

If you would like to become more involved in Kare Bears or would like to start a Kare Bear group in your village, come to our next meeting on October 10 at 10 a.m. at the Delta Club. Or come early at 9:30 for refreshments. If you or a neighbor is in need of assistance because of illness or surgery, please contact your street coordinator or call Joanne at 707-374-4342.



For more than 11 years C & C Cleaning has been serving clients in Trilogy Homes in Rio Vista. We are known for the quality of our work, for our honesty and for building strong relationships with our customers. Our reward is your recommendation. We will make your house the cleanest it's ever been.

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(Notes from the Master Association, cont. from p. 3)

(ie: Implementation, Training and Ongoing charges).
A vendor has not been selected at this time.

- **Inspectors of Election Services:** item is to consider contracting with a vendor that provides annual election services for Associations. This was tabled due to available time.
- **Document Revision Delivery:** item is to consider vendor for printing of the governing documents. This was tabled due to available time
- **Landscape Maintenance Contract:** item is to consider reviewing the existing landscape contract. This was tabled due to available time.
- **Administration Office Renovation:** after the report last month on the proposed remodel submitted by the Amenities Committee, the team recommended the proposed remodel would not be able to be completed as submitted. The recommendation was to obtain an Architect to review the requirements for the remodel, the current or possible future uses of the Delta Club, and an electrical evaluation. A local architect will be contacted for the initial review. It was also recommended that the Association move forward with implementing a Document Management system. The above will begin as recommended.

General Session:

Consent Calendar:

- **Insurance Renewal:** Philadelphia Commercial Package \$52,022.44
- **Road Construction Management:** AEC for road construction inspection & management \$10,730

Unfinished Business:

- **Purchase Policy – 2nd Reading:** approved with edited changes
- **Governing Documents – 2nd Reading:** after 4 Town Halls and a meeting to review and consider changes after member comments, a final DRAFT version of the Governing Documents were approved. This approval is only to approve the written documents. The Delegates will vote on whether to accept the new Governing Documents and become recorded.
- **Special Meeting with Delegates:** The date of the Special Meeting with the Delegates is set for October 11.

Minutes of all meetings are posted on MyTrilogyLife.com. If you have any questions about this meeting or any meeting, please feel free to contact me directly.

The next meeting is October 11, 2016

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“Love doesn't make
the world go 'round.
Love is what makes
the ride worthwhile.”

Franklin P. Jones

Trilogy Community GARAGE SALES!

Saturday, October 1, 2016

9 a.m. to 3 p.m.

Open to the
public!



Gate opens 9

Want to sell? Want to be on the community map so buyers can find you? Call Member Services (4200) by September 23. Maps will be emailed to residents by September 30 and will be available Saturday for the general public at the Welcome Center Gate. (There is no requirement to be on map.)

To participate:

1. Obtain a garage sale \$1 permit from Member Services at the Vista Club through Friday October 2. The \$1 permit is a city requirement.
2. Tie an inflated balloon to your mailbox or tree.
3. Open your garage door

For more information, contact Member Services (4200)



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Kathy Erwin
Fitness & Spa Director



Eighth Annual Walktober

Saturday, October 15th

REGISTER NOW!

- **Get your 2016 COMMEMORATIVE WALKTOBER T-SHIRT!! Register by October 7**
- On Saturday, October 15 everyone will meet at the Vista Club to enjoy a fun morning of exercise and a chance at raffle prizes.
- There will be four walking distances to choose from: walk 2.3 miles, 3.0 miles, 5.6 miles or choose the long course challenge and walk 11 miles (that's twice around the 5.6-mile route)! You can start your walk any time after you sign in and pick up your walk card.
- This community walking event is for everyone of all fitness levels. Bring your friends and family, or walk your dog. You may also choose to run your course if you like. Only residents are eligible for shirts and prizes but family and friends may enjoy the walk with you.
- Each participant will need to sign up ahead of time and choose a walking distance. The day of the event participants meet at the Vista Club start/finish table to pick up a participant packet with a route map and a walking card to carry to each checkpoint around your route. The checkpoints will have bottled water, a chance to stretch and a friendly person to give you your checkpoint sticker. Collect all the stickers for your route. At the end of the walk you simply turn in your completed card to enter the raffle prize drawing (make sure your card has all its stickers and your name is on the back of your card). You must be present to win.
- Come join us **Saturday, October 15 from 8 a.m. to 10 a.m.** for WALKtober. Let's all stay a couple of steps ahead of those holiday pounds. I look forward to seeing you all there!



OCTOBER SPA SPECIAL

Autumn means the changing of leaves and the changing of menus, as
Trilogy Spa adds a few seasonal items to their list of services.

Fall in Love with These Fall-Themed Spa Treatments



AROMATHERAPY MASSAGE

Aromatherapy massage with fall essential oils cater to this time of year and can be beneficial. Cinnamon warms our bodies, invigorates and promotes courage. Sweet, woody scent, Sandalwood acts as an antidepressant, antiseptic and aphrodisiac.

50 minutes was \$55 Now \$50

PUMPKIN PEEL FACIAL

This next generation of ingredients brightens, rejuvenates and tightens the skin. Refining the pores and skin texture, you'll leave with a healthy glow. This treatment is great for any skin type such as anti-aging, acne pigmentation, and/ or dehydrated skin.

50 minutes was \$65 Now \$60

Good for Purchase October 1-31, 2016 Call 374-4205

Personal Trainer on Floor Duty for October

Every Wednesday from 9:45-10:45 a.m.
Meet Personal Trainer Pat Puryear



Do you have a question about how to work out or use the fitness equipment at the Vista Club Fitness Center? Ask our "Personal Trainer on Duty" and get tips from a trained professional at no extra cost to you! You can find our

Personal Trainer on Duty in the Fitness Center at certain peak times. Every month the trainer, day, and time will change.

You have a goal: Get your body in better shape or go to the next level of fitness. Where to start? The Vista Club Fitness Center has certified personal trainers who know how to help you get the best results out of your workout. They can lead you on your quest to gain energy, increase endurance and strength, lose weight or sculpt your body, and just feel better about yourself. Did you suffer an injury? Our certified personal trainers can help you recover. You can get help no matter your age or your current condition. Personal trainers work with you to set appointments that fit your schedule. Package rates also are available.

**To schedule an appointment, call 707-374-4200
or email kerwin@actionlife.com.**

October New Member Fitness Orientations

All new members are required to attend one of our fitness orientations, which provide an informative overview of the fitness facility, its safety rules, and answers any questions you may have. This is also an opportunity to make an appointment for your ROM (range of motion) to get started in the right direction.

Next Orientation Dates:

Saturday, October 1 at 11 a.m.
Tuesday, October 11 at 6 p.m.
Saturday, October 29 at 11 a.m.

The Doctors Will Be In

Sign up at Member Services for Both Naturopathy & Acupuncture appointments & services

Naturopathic Doctor Kimberly Gilmore, ND



Kimberly Gilmore, Naturopathic Doctor, is available for nutrition and naturopathic consultations on the third Wednesday of the month.

Initial visit (75 min): \$175

Follow-up visit (50 min): \$125

Brief visit (25 min): \$65

Craniosacral Therapy \$125

(an initial visit is not needed
for this appointment)

New Service

Now offering craniosacral (CST) therapy appointments to Trilogy members for only \$100. Regularly \$125. Discount \$25. (45-50 min.) Must Purchase and Use by 12-31-2016.

What is CST?

Craniosacral therapy (CST) is a gentle hands-on balancing therapy. CST can be helpful for pain, migraine headaches, stress, anxiety, depression, digestion, muscle tension, and neurological disorders.

During a Craniosacral Therapy treatment, many people feel relaxed and have a greater sense of connection with their body. The therapy uses a gentle touch to release restrictions within the body, which allows new blood, nerve, and fluid flow to promote the body to heal itself. Craniosacral Therapy is different than massage therapy or chiropractic in that your treatment is guided by the therapist to assist the body to heal itself versus being actively manipulated. Craniosacral Therapy discovers and treats these areas by uncovering and treating the underlying causes of the chronic stress in order to prevent future recurrences of the physical symptoms. Many patients report experiencing a deeper sense of relaxation in their daily lives.



Acupuncture Doctor Charles Peri

Will be at Trilogy every Thursday from 9 a.m – 6 p.m. for anyone interested in Acupuncture appointments.



Fitlinxx Program Range of Motion (ROM)

At your Fitlinxx ROM appointment, a certified trainer will discuss your health history and design your Exercise & Fitness Program for your individual needs and introduce you to the Fitlinxx System. Even if you have exercised for many years, this is a very helpful appointment. A trainer will set up your ROM on each piece of exercise equipment. A onetime fee of \$20 for this set up appointment, paid to TRVMA by check or credit card is required..

The Feel Good Class

Instructor: Beverly Shilich

Tuesdays & Thursdays 11am -12noon

This progressive class for intermediate fitness level participants was originally based on The Arthritis Foundation exercise guidelines, but Beverly has used these guidelines as the basis for the class but has added new exercise modalities based on her personal training experience. Each class has the following sections: warm-up for every joint and surrounding muscles, balance, cardio segment for heart/circulatory system health, range of motion and strengthening of all muscle groups using free weights and resistance tubing/bands followed by muscle lengthening/relaxation stretching exercises and ending with relaxation/visualization. Each class has all of the above segments but the material changes with each class to provide interesting/variety material. The class is 3/4 standing and 1/4 seating format so that new people can gradually enter into the program



Balance 'n Motion Specialty Class

Instructor: Anna Chunn

This class was originally designed to help those individuals who have never exercised; are recovering from surgery; and/or in a cycle of pain due to back or health issues. This 50 minutes class starts with standing postures taking the body through its full range of motion to inspire balance. From the floor stretches to elongate the muscles to increase flexibility are gently explored. A guided visualization helps to clear the mind, relax the student, and help reflect on one's daily life. If you think this is the class for you please sign up at the Vista front desk for this 8 week Specialty class. Minimum 8 people.

Day/Time: Wednesdays 3:30 – 4:30pm

Location: Group Ex. Studio **Cost:** \$45 for 8 classes

Session: 8 weeks November 2 – December 21, 2016

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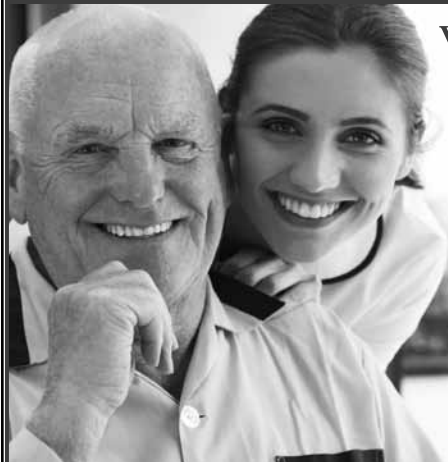
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Key

Bold = New/Change
(B)eginning
(I)ntermediate
(A)dvanced



TrilogyLiving

Fitness Class Schedule for October 2016

All classes require one of three card choices: a blue 20-punch for \$70, a yellow 10-punch for \$35 or an Unlimited Monthly Punch Card for \$85 so you can attend as many classes as you want that month! Get your cards at the Member Services Desk. Please call Fitness & Spa Director Kathy Erwin at 707-374-4205 if you have questions. All classes are held in the Vista Group Exercise Studio unless otherwise noted.

Last Month’s Punch Card Raffle Winner: **Helen Chung & Anita Lee**

October Fitness Orientations: Sat. Oct. 1 at 11 a.m., Tues. Oct. 11 at 6 p.m., Sat. Oct. 29 at 11 a.m.

If you plan to make a (ROM) Range of Motion appointment for a later date, please bring a \$20 check with you to the orientation. Thank you!

Outdoor Aqua Classes @ Delta Pool remain outside through October 31 (Weather Permitting)

- CLASS LOCATIONS**
(GX) Group Exercise Studio
(DB) Diablo Ballroom
(VP) Vista Pool
(DP) Delta Pool
(RV) Rio Vista Room–Delta
(SR) Sonoma Room-Vista
(FC) Fitness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 8:30-9:30am Step Aerobics (GX) Pat 11:00am-12:30pm ZUMBA Power (GX) Sophie/ Prescy/Sharon
3 8:30-9:30am WOW-TABATA-TABATA (B/I) (GX) Pat 9:00-10:00am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (DP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10:00-10:45am Core Balance and Standing Abs (B) (GX) Sophie/Prescy/Sharon 10:00-11:00am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie/Prescy/Sharon 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie/Prescy/Sharon 4:00-5:00pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX or DB) Deanna	4 8:00-9:00am Body Works (B/I/A) (GX) Kathy 9:00-10:00am Myofascial Release Stretch (B) (GX) Joele 10:00-11:00am Beginning Pilates (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10:00-11:00am Beginning Pilates (B/I) (GX) Joele 3:00-4:00pm Advanced Aqua (B/I/A) (DP) Kathy	5 7:00-8:00am Early Yoga (B) (DB) Tammy 8:00-9:00am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:30am Aqua Fit (B) (DP) Denise 9:30-10:00am Dancercize (B/I) (GX) Joele (1st Wednesday of month only) 10:00-11:30am Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna	6 8:00-9:00am Body Works (B/I/A) (GX) Kathy 9:00-10:00am Core/Stretch (B) (GX) Joele 9:00-10:00am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (DP) Kathy 10:00-11:00am Step Aerobics (B/I/A) (GX) Pat 2:30-3:30pm Yoga (B/I) (GX) Tammy 3:00-4:00pm Aqua Fit (B/I/A) (DP) Denise	7 7:00-8:00am Early Yoga (B) (DB) Tammy 8:30-9:30pm WOW-TABATA-BOOM (B/I) (GX) Pat 9:00-10:00am Yoga/Pilates (B) (DB) Deanna 9:00-10:00am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30am Aqua Fit (B) (VP) Denise 10:00-10:45am Core Balance and Standing Abs (B) (GX) Sophie/Prescy/Sharon 10:00-11:00am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie/Prescy/Sharon 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie/Prescy/Sharon	8 8:30-9:30am Step Aerobics (GX) Pat 11:00am-12:30pm ZUMBA Power (GX) Sophie/ Prescy/Sharon
10 8:30-9:30am WOW-TABATA-TABATA (B/I) (GX) Pat 9:00-10:00am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (DP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10:00-10:45am Core Balance and Standing Abs (B) (GX) Sophie/Prescy/Sharon 10:00-11:00am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie/Prescy/Sharon 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie/Prescy/Sharon 4:00-5:00pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX or DB) Deanna	11 8:00-9:00am Body Works (B/I/A) (GX) Kathy 9:00-10:00am Myofascial Release Stretch (B) (GX) Joele 10:00-11:00am Beginning Pilates (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10:00-11:00am Beginning Pilates (B/I) (GX) Joele 11:00-12:00pm Feel Good Class (B) (GX) Beverly 1:00-2:00pm Sit and Get Fit (B) (GX) Beverly 3:00-4:00pm Advanced Aqua (B/I/A) (DP) Kathy	12 7:00-8:00am Early Yoga (B) (DB) Tammy 8:00-9:00am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:30am Aqua Fit (B) (DP) Denise 10:00-11:30am Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna	13 8:00-9:00am Body Works (B/I/A) (GX) Kathy 9:00-10:00am Core/Stretch (B) (GX) Joele 9:00-10:00am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (DP) Kathy 10:00-11:00am Step Aerobics (B/I/A) (GX) Pat 11:00-12:00pm Feel Good Class (B) (GX) Beverly 1:00-2:00pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy 3:00-4:00pm Aqua Fit (B/I/A) (DP) Denise	14 7:00-8:00am Early Yoga (B) (DB) Tammy 8:30-9:30pm WOW-TABATA-BOOM (B/I) (GX) Pat 9:00-10:00am Yoga/Pilates (B) (DB) Deanna 9:00-10:00am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30am Aqua Fit (B) (VP) Denise 10:00-10:45am Core Balance and Standing Abs (B) (GX) Sophie/Prescy/Sharon 10:00-11:00am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie/Prescy/Sharon 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie/Prescy/Sharon	15 8:30-9:30am Step Aerobics (GX) Pat 11:00am-12:30pm ZUMBA Power (GX) Sophie/ Prescy/Sharon
17 8:30-9:30am WOW-TABATA-TABATA (B/I) (GX) Pat 9:00-10:00am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (DP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10:00-10:45am Core Balance and Standing Abs (B) (GX) Sophie/Prescy/Sharon 10:00-11:00am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie/Prescy/Sharon 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie/Prescy/Sharon 4:00-5:00pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX or DB) Deanna	18 8:00-9:00am Body Works (B/I/A) (GX) Kathy 9:00-10:00am Myofascial Release Stretch (B) (GX) Joele 10:00-11:00am Beginning Pilates (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10:00-11:00am Beginning Pilates (B/I) (GX) Joele 11:00-12:00pm Feel Good Class (B) (GX) Beverly 1:00-2:00pm Sit and Get Fit (B) (GX) Beverly 3:00-4:00pm Advanced Aqua (B/I/A) (DP) Kathy	19 7:00-8:00am Early Yoga (B) (DB) Tammy 8:00-9:00am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:30am Aqua Fit (B) (DP) Denise 10:00-11:30am Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna	20 8:00-9:00am Body Works (B/I/A) (GX) Kathy 9:00-10:00am Core/Stretch (B) (GX) Joele 9:00-10:00am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (DP) Kathy 10:00-11:00am Step Aerobics (B/I/A) (GX) Pat 11:00-12:00pm Feel Good Class (B) (GX) Beverly 1:00-2:00pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy 3:00-4:00pm Aqua Fit (B/I/A) (DP) Denise	21 7:00-8:00am Early Yoga (B) (DB) Tammy 8:30-9:30pm WOW-TABATA-BOOM (B/I) (GX) Pat 9:00-10:00am Yoga/Pilates (B) (DB) Deanna 9:00-10:00am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30am Aqua Fit (B) (VP) Denise 10:00-10:45am Core Balance and Standing Abs (B) (GX) Sophie/Prescy/Sharon 10:00-11:00am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie/Prescy/Sharon 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie/Prescy/Sharon	22 8:30-9:30am Step Aerobics (GX) Pat 11:00am-12:30pm ZUMBA Power (GX) Sophie/ Prescy/Sharon
24 8:30-9:30am WOW-TABATA-TABATA (B/I) (GX) Pat 9:30-10:30am Aqua Fit (B) (DP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10:00-10:45am Core Balance and Standing Abs (B) (GX) Sophie/Prescy/Sharon 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie/Prescy/Sharon 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie/Prescy/Sharon	25 8:00-9:00am Body Works (B/I/A) (GX) Kathy 9:00-10:00am Myofascial Release Stretch (B) (GX) Joele 10:00-11:00am Beginning Pilates (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10:00-11:00am Beginning Pilates (B/I) (GX) Joele 11:00-12:00pm Feel Good Class (B) (GX) Beverly 1:00-2:00pm Sit and Get Fit (B) (GX) Beverly 3:00-4:00pm Advanced Aqua (B/I/A) (DP) Kathy	26 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:30am Aqua Fit (B) (DP) Denise 10:00-11:30am Hot ZUMBA (I/A) (GX) Prescy	27 8:00-9:00am Body Works (B/I/A) (GX) Kathy 9:00-10:00am Core/Stretch (B) (GX) Joele 9:00-10:00am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (DP) Kathy 10:00-11:00am Step Aerobics (B/I/A) (GX) Pat 11:00-12:00pm Feel Good Class (B) (GX) Beverly 1:00-2:00pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy 3:00-4:00pm Aqua Fit (B/I/A) (DP) Denise	28 7:00-8:00am Early Yoga (B) (DB) Tammy 8:30-9:30pm WOW-TABATA-BOOM (B/I) (GX) Pat 9:00-10:00am Yoga/Pilates (B) (DB) Deanna 9:00-10:00am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30am Aqua Fit (B) (VP) Denise 10:00-10:45am Core Balance and Standing Abs (B) (GX) Sophie/Prescy/Sharon 10:00-11:00am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie/Prescy/Sharon 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie/Prescy/Sharon	29 8:30-9:30am Step Aerobics (GX) Pat 11:00am-12:30pm ZUMBA Power (GX) Sophie/ Prescy/Sharon
31 8:30-9:30am WOW-TABATA-TABATA (B/I) (GX) Pat 9:00-10:00am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (DP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10:00-10:45am Core Balance and Standing Abs (B) (GX) Sophie/Prescy/Sharon 10:00-11:00am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie/Prescy/Sharon 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie/Prescy/Sharon 4:00-5:00pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX or DB) Deanna					

Specialty Classes are not on the Fitness Calendar. Please look for their Flyers at both Clubhouses:

Fitness & Friends with Joele Swift, 8 Steps to a Healthy Back with Beverly Shilich, Continuation of Yoga with Deanna Araya,
Balance n Motion with Anna Chunn, Aqua Joint with Beverly Shilich

October 2016 Club and Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 8am Motorcycle Club (Off-site) 9am – 3pm Community Garage Sale 9am Model Club – Garden Railway (V) 9:30am Hiking Club (V) 12:30pm Tennis Tournament Luncheon (D) 4pm Table Tennis (D) 6pm Texas Hold'em / Omaha Poker (D)
2 5pm – 9pm Night Bocce End of Season Banquet (D) 6:30pm Concert – Jennifer Lind “Journey Through American Music”(V)	3 8am Social Tennis 8:30am Woodcarving (D) 8:30am Theater Gp Improvisation Workshop (D) 9:30am Walk & Talk (V) 10:30am Garden Club Planning (D) 10:30am Saddle Rock Village ARC (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) 1pm TAG Monthly (D) 2:30pm Pickelball (courts 1 & 2) 3pm Oakmont Village RC Social Com (V) 5pm Whist Planning (V) 6pm Soul Line Dancing (D) 6pm Poker (D) 6:30pm Game Night (V)	4 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10:30am Country Line Dancing (V) 11am Pickleball (courts 1 & 2) 11:30am TRVMEN Golf 12:00pm Beg Watercolor (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dominoes (D) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 5:30pm Couples Canasta (D) 6:30pm Religions of the World (V)	5 8am TOPS (D) 8am Social Tennis 8:30am Sr. Men's Golf 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Men's Fellowship (D) 10am Horseshoe Pit Play (Brockton Park) 10am Stained Glass (D) 11am Ukulele Club (V) 11am Pickleball (courts 1 & 2) 12:30pm Fat Quarters Quilters (D) 1pm Village Riviera ARC (D) 1:30pm Jazz Band (V) 2pm Open Painting (D) 2pm Card Design Class (D) 2pm Saddle Rock RC Social Com (V) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6pm VORC Quarterly (D) 7pm Delta Breeze Rehearsal (V) 7pm Billiard Club Membership (V) 7pm Singles Club (V) 7pm Square Dance (D)	6 8am Social Tennis 8:30am Women's 18-Hole Golf 9am Eagle Point Village ARC (D) 9:30am Ceramics (D) 9:30am Women's Fellowship (V) 11am Pickleball (courts 1 & 2) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2pm Genealogy Club (V) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 7pm Photography Club (V) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	7 7:50am Cycling Club (Delta Parking Lot) 8am Social Tennis 9am Model Club (V) 9:30am Walk & Talk (V) 9:30am VillageI ARC (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dancing (D) 11am Book Club: 66 Bible Books (V) 11am Pickleball (courts 1 & 2) 12pm Adv Watercolor (D) 12:15pm Friday Bridge (V) 6pm Joy Luck Mah-Jongg (V) 6pm Havurah Friends Shabbat Dinner (D)	8 9am Model Club – Garden Railway (V) 9am Table Tennis (D) 9:30am Hiking Club (V) 6pm Texas Hold'em / Omaha Poker (D)
9 10am – 3pm Trilogy Produce Market (V)	10 8am Social Tennis 8:30am Theater Gp Improvisation Workshop (D) 8:30am Woodcarving (D) 9am Village Riviera Kare Bears (D) 9am Olympic Village ARC (V) 9:30am Walk & Talk (V) 11:30pm Rip, Stitch & Bitch (V) 12pm Open Painting (D) 12pm Duplicate Bridge (V) 2pm TRVMA Executive Session (V) 2:30pm Pickleball (courts 1 & 2) 3pm House Renovations Com (V) 5pm Whist Planning (V) 6pm Soul Line Dancing (D) 6pm Poker (D) 6:30pm Game Night (V) 7pm Model Club - RC Aircraft (D)	11 8am Social Tennis 8:30am Radio Club (Offsite) 9:30am Women's 9-Hole Golf 10am Computer Basics Class (V) 10:30am Book Club (V) 10:30am Country Line Dancing (D) 11am Pickleball (courts 1 & 2) 11:30am TRVMEN Golf 12pm Cooking Club (D) 12:00pm Beg Watercolor (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Windows 10 Class (V) 2pm Master Association Board Mtg (V) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 7pm Emergency Action Com (D) 7pm Windows 10 Class (V)	12 8am Social Tennis 8am TOPS (D) 8:30am Sr. Men's Golf 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Men's Fellowship (D) 10am Horseshoe Pit Play (Brockton Park) 10am Kare Bears – Village Oakmont (D) 10am Stained Glass (D) 11am Ukulele Club (V) 11am Pickelball (courts 1 & 2) 12:30pm Fat Quarters Quilting (D) 1:30pm Jazz Band (V) 2pm Open Painting (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5pm Admin Policies Com (V) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Nature Club (V) 7pm Delta Breeze Chorus (V) 7pm Singles Club (V) 7pm Square Dance (D)	13 8am Social Tennis 8:30am Women's 18-Hole Golf 9am Blood Pressure Check (D) 9:30am Ceramics (D) 9:30am Women's Fellowship (V) 10am Council for the Arts (V) 11am Pickleball (courts 1 & 2) 12:15pm Ponytail Canasta (V) 1pm Garden Club (V) 1pm Good Samaritans 4pm Sr. Men's Golf Board (D) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 7pm Writers' Club (V) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	14 7:50am Cycling Club (Delta Parking Lot) 8am Social Tennis 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dancing (D) 11am Book Club: 66 Bible Books (V) 11am Pickleball (courts 1 & 2) 12pm Adv Watercolor (D) 12:15pm Friday Bridge (V) 2pm Guitar Club Beg Workshop (D) 3:30 – 5:30pm Shibori Shirt Workshop Prep (D) 7pm Bunco (D) 7pm VORC Caberet Night (V)	15 7am – 12pm WALKTOBER 8:30am – 4pm Shibori Shirt Workshop (D) 9am Model Club – Garden Railway (V) 9am Table Tennis (D) 9:30am Hiking Club (V) 6pm Texas Hold'em / Omaha Poker (D)
16 8:30am – 4pm Shibori Shirt Workshop (D) 6pm Singles Club Barbeque (D) 7pm Dance Club w/ Solid Gold (V)	17 8am Social Tennis 8:30am Theater Gp Improvisation Workshop (D) 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 9am Village Oakmont ARC (V) 10am Joint ARC & Council of Village Presidents (D) 10:30am Saddle Rock Village ARC (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) 2:30pm Amenities Com (V) 3pm Guitar Club (V) 5pm Whist Planning 6pm Soul Line Dancing (D) 6pm Poker (D) 6:30pm Game Night (V) 6:30pm Travel Discovery: Beijing to Hong Kong (V) 7pm Fishing Club (D) 7pm Hiking Club (V)	18 8am Social Tennis 8:30am Radio Club (V) 9am Garden Club Workshop (D) 9:30am Golf – Women's 9-Hole 10am Computer Class- Wkg with files (V) 10:30am Country Line Dancing (D) 11:30am Golf – TRVMEN 9-Hole 12:00pm Beg Watercolor (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dominoes (D) 12:30pm Windows 10 Class (V) 1:30pm Golf–Women's 9-Holer Mtg (D) 2:30pm Celtic & Zen Tangle Drawing (D) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 5:30pm Couples Canasta (V) 7pm Windows 10 Class (V)	19 8am Social Tennis 8am TOPS (D) 8:30am Sr. Men's Golf 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Men's Fellowship (D) 10am Horseshoe Pit Play (Brockton Park) 10am Stained Glass (D) 11am Ukulele Club (V) 11am Pickleball (courts 1 & 2) 12:30pm Fat Quarters Quilting (D) 1pm Village Riviera ARC (D) 1:30pm Jazz Band (V) 2pm Bergren Oil & Acrylic Painting (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5pm Whist Planning (V) 7pm Singles Club (V) 7pm Square Dance (D) 7pm Pop Fest 4 (V)	20 8am Social Tennis 8:30am Women's 18-Hole Golf 9am Eagle Point ARC (D) 9:30am Ceramics (D) 9:30am Women's Fellowship (V) 11am Pickleball (courts 1 & 2) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2pm Genealogy Workshop (V) 4pm Golf: Sr. Men's General (D) 5pm Table Tennis (D) 5pm Village Riviera RC (V) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 7pm Theater Group Read Aloud (D) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	21 7:50am Cycling Club (Delta Parking Lot) 8am Social Tennis 9:30am Village 1 ARC (V) 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 11am Book Club: 66 Bible Books (V) 12pm Adv Watercolor (D) 12:15pm Friday Bridge (V) 6:30pm Joy Luck Mah-Jongg (V) 7pm Whist Club (D) 7pm Comedy Night with Stephen B (V)	22 9am – 12pm Free Shredding Service (Delta Overflow Parking Lot) 9am Model Club – Garden Railway (V) 9:30am Hiking Club (V) 5pm Village Riviera RC Bunco & Beans (D) 6pm Texas Hold 'em/ Omaha Poker(D)
23 10am – 3pm Trilogy Produce Market (D) 6:30pm This 'n That Coffee House (V)	24 8am Social Tennis 8:30am Theater Gp Improvisation Workshop (D) 8:30am Woodcarving (D) 9am Olympic Village ARC (V) 9:30am Walk & Talk (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) 1pm Access Com (D) 2:30pm Pickleball (courts 1 & 2) 3pm House Renovations Com (V) 5pm Whist Planning (V) 6pm Poker (D) 6pm Soul Line Dancing (D) 6:30pm Game Night (V) 7pm MOTN Auditions (V)	25 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 11am Pickleball (courts 1 & 2) 11:30am TRVMEN Golf 12:00pm Beg Watercolor (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dog Club (D) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 7pm Drama Club Membership (D) 7pm Emergency Action Com (D)	26 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Men's Fellowship (D) 10am Stained Glass (D) 11am Ukulele Club (V) 12:30pm Fat Quarters Quilting (D) 1:30pm Jazz Band (V) 2pm Open Oil & Acrylic Painting (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5pm Admin Policies Com (V) 5:30pm Saddle Rock Village Social in the Park 5:30pm Delta Harmony Rehearsal (V) 7pm Delta Breeze Chorus (V) 7pm Singles Club (V) 7pm Square Dance (D)	27 8am Social Tennis 8:30am Women's 18-Hole Golf 9:30am Ceramics (D) 9:30am Women's Fellowship (V) 11am Pickleball (courts 1 & 2) 12:15pm Ponytail Canasta (V) 1pm Adult Com (D) 1pm Good Samaritans (D) 2pm Community Connections (V) 5pm Tai-chi for Beginners (V) 5:30pm Olympic Village RC Social (D) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 7pm Theater Group (D) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	28 7:50am Cycling Club (D) 8am Social Tennis 9:30am Walk & Talk (V) 10am Tennis Club (D) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 11am Pickleball (courts 1 & 2) 11am Book Club: 66 Bible Books (V) 12pm Adv Watercolor (D) 12:15pm Friday Bridge (V) 2pm Guitar Club Beg Workshop (V) 7pm Bingo (D)	29 9am Model Club – Garden Railway (V) 9:30am Hiking Club (V) 12:30pm Tennis Club Luncheon (D) 4pm Table Tennis (D) 6pm Texas Hold'em / Omaha Poker (D) 6:30pm Tri Tip Trio Concert (V)
30 2pm Family Halloween Party (D)	31 HAPPY HALLOWEEN 8am Social Tennis 8:30am Theater Gp Improvisation Workshop (D) 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 10am Village Oakmont ARC (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) 2:30pm Pickleball (courts 1 & 2) 5pm Whist Planning (V) 6pm Poker (D) 6pm Soul Line Dancing (D) 6:30pm Game Night (V)					

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Diablo Ballroom, Vista Club



Delta Divas

Delta Breeze Chorus

Delta Tongs

3JB Quartet

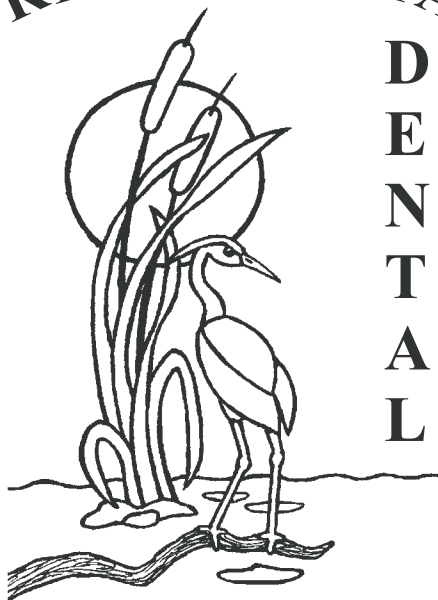
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Billiards

The next Billiards Club meeting is Wednesday, October 5 at 7 p.m. in the Monterey Room at the Vista Club. Tournaments are every Tuesday evening and start at 5 p.m. We play 8-ball or 9-ball depending on the week of the month. Officers: President Al Bergoust, VP Mike Quihuiz, Secretary Victoria Munoz, Membership Chairman Dave Stewart. Recent winners:

August 2, 8-Ball

1st Al Bergoust
2nd George Doner
3rd Ken Guillory

August 9, 9-Ball

1st Jack Clark
2nd Dave Stewart
3rd Diego Cassone

August 16, 8-Ball

1st Richard Gutierrez
2nd Billy Kemp
3rd Jack Clark

August 23, 8-Ball

1st Mike Quihuiz
2nd Ken Guillory
3rd Geno Toscano

August 30, 9-Ball

1st Richard Gutierrez
2nd Al Banga
3rd Jim Rosteck

For information regarding the Billiards Club, call Al Bergoust at 707-374-2436 or alhelenb@aol.com.

Bingo

Come win money and enjoy laughter and fun. Mark your calendar for the fourth Friday of the month (Oct. 28) for Bingo at the Delta Club. Games begin promptly at 7 p.m. Buy-in for each person is \$10 for 12 games. We have one early-bird special: one card for \$1. Special prizes and money giveaway for this month! October is the last bingo game until January 2017. For more information, call Irene at 707-374-6999.

Bocce

Match play for both the morning and night leagues has ended. The morning league winners, by day, were the Court Jesters, with a 73 - 17 record and the Court Hogs with a 69 - 21 record. Both teams were recognized at their individual end of season events. The night league hosted its playoff in early September and the results will be reported on next month. We have renamed winter bocce as the HARVEST BOCCE LEAGUE (HBL) as we won't be playing in the winter. Play began in mid-September and will run into early December to be followed by Bring Your Own Stuff (BYOS) events. Think spring and think bocce. Details on the 2017 season will be posted here and on MTL as it gets created and confirmed. Remember to roll often, throw straight and have fun: that's what it's all about. Contact Joe Downes at 707-374-7520 or josephd-ownes@citlink.net.

Book - 66 Bible Books

Book Club - 66 Bible Books. After taking the month of August off, we were eager to resume our weekly meetings. Having recently finished Hebrews, after feedback from several club members we have decided to go back to the Old Testament. In keeping with the natural flow of the bible, and having already studied Genesis, Exodus, and Leviticus, we have moved on to the study of Numbers.

Numbers has 36 chapters, so we should be in this study for several months. Please join in on the journey of discovery we are taking. Every passage of scripture has something to reveal to us. We meet weekly in the Monterey Room of the Vista Club on Fridays from 11 a.m. - 12:30 p.m. For any additional information, please contact either Gary or Deb Dunham at 707-374-5324. Gmdunham1@hotmail.com, debdunham@hotmail.com.

Book



The Book Club meets the second Tuesday of each month at 10:30 a.m. in the Sonoma Room at the Vista Club. The next meeting is October 11. The book selection is *The Ice Cream Queen of Orchard Street* by Susan Jane Gilman. November's book selection is *Rise of the Rocket Girls* by Nathalia Holt. There is no requirement to have read the selected

book. Everyone is welcome to join in. Feel free to stop by. For more information, contact Adrienne 707-374-5576.

Bridge - Friday

Friday Bridge Club meets every Friday at 12:15 p.m. in the Vista Club, Sonoma room. All levels of players are welcome. Please let us know your are coming by noon on the Wednesday of that week. Sign-up book is in the Sonoma Room in the middle top drawer of credenza at the left side of the room. On the first Friday, there will be duplicate bridge, all levels welcome. Same sign up book. For more information or any questions, please call Larry Epner at 707-374-3511.

Bunco

It's time to meet the Bunco fans who have moved into Trilogy Rio Vista and have completed opening and putting away their possessions. We meet at the TRV Delta Club on the second Friday of the month at 7 p.m. We sit with four contestants per table, make introductions, and when the room is ready, we start. At the end of each round, two people move to another table and again we play. I will continue to confirm the laughter, excitement



and old fashioned good will among neighbors is there at each round. The easy rules of play and refreshments make it a fun evening. For further information, please call Shirley at 707-374-9984.

Ceramics



Phyllis Miranda uses a sanding tool to smooth her greenware. Photo by Linda Robinette

It must be time for pumpkins. In this picture, you can see Phyllis working on what looks like a large, friendly centipede and a small covered pumpkin bowl. Next to those is a little notebook. In ceramics, we find that it is helpful to keep track of which glazes we use for different items, just in case

someone wants to know how we achieved a certain color, or we may want to duplicate a particular finish on another piece. It is also interesting to look back through our notebooks to see when we glazed something, or a list of what we have been working on while we are together. If you come, maybe we'll let you look at our little notebooks. We meet every Thursday from 9:30 a.m. - 12 p.m. in the Marina Room at the Delta Club. For more information, please contact Ann at 707-374-5122.

Community Connections



Community Connections hopes you will join us on our journey to explore the opportunities around us for day trips, helping with short-term

service projects as needed, and having fun making this club what you want it to be. Whether you are a seasoned member or new to our group, we hope you will attend our next meeting to discuss more adventures and share your experiences about local events.

Our next meeting will be October 27, 2016 in the Monterey Room at the Vista Club at 2 p.m. We will be discussing where our next outing will take us, and helping with short-term service projects. You may bring a sweet or savory snack to share if you wish, but if not, just bring yourself. We would love to meet you! For more information, contact Robie at 650-454-4299 or robiejw@hotmail.com.

Cooking

Welcome to the Cooking Club. The Club gathers once a month to share cooking experiences, recipes and a tasting that goes along with the theme for the month. We like to cook to a theme for our meeting, and in October the theme will focus on fall vegetables with Molly W, Randi S. and Pat S. doing the cooking. Come and join us.

Members bring a copy of their favorite theme-related recipe to share and discuss, and let us know what went well and what didn't. We usually have the opportunity to pick up a tip, a new technique, or maybe learn about a new market, store or opportunity to expand our experience and our palates. Thanks to all of our members and guests who took the advantage to stock up on great local veggies during our August road trip to Larry's Produce in Suisun.

All home cooks are welcome to join us: whether you are an experienced chef or a budding novice, we encourage you to come by and share your experience. If you have questions, please contact Gary Swieso at 707-374-5859. We meet the second Tuesday of each month at 12 p.m. in the River Room of the Delta Club.

If you have a great tip to share, bring it along too. Here's one from our last meeting:

- When chopping fresh herbs, toss a bit of salt on the cutting board to help keep the bits from flying around.

All cooks and "wannabe" cooks are encouraged to join us. Everyone is welcome. Our next meeting is October 11. Hope to see you there!

Council for the Arts



The mission of the Council for the Arts is to support the arts in all its forms here at Trilogy. To that end, the council provided four deli trays from Lira's for the refreshment table at the 13th TAG Annual Art Show.

The Council's primary source of funds used to support the arts is revenue raised by "Music of the Night." Auditions for next years' show are this month. The theme is "Las Vegas Nights." Here is a message from Claire McKean, Director of MOTN:

"If you're longing to be in the spotlight, auditions for Music of the Night 2017 will be held in the Diablo Ballroom on Monday, October 24, from 7 p.m. - 8:30 p.m. When choosing your audition song, keep our theme in mind.



We are looking for songs from famous Las Vegas shows and reviews such as Liberace, the Rat Pack (any of them!), Celine Dion, Cher, Sinatra, Cee Lo, Tim & Faith, Donny & Marie, Wayne Newton, Bobby Darin and so on. Just about anyone who has headlined at the clubs in Vegas! Bring sheet music in your key and an accompanist. A piano is provided. You can also audition a capella. I hope to see you there!"

Council for the Arts meets on the second Thursday of the month at 10 a.m. in the Monterey Room at the Vista Club. For information about Council for the Arts, call Judy Calpo at 707-374-2924.

Couples Canasta

If you want to meet, socialize and have a fun evening with other Rio Vista Trilogy couples, this is the club for you. We meet at 5:30 p.m. on the first Tuesday of each month at the Delta Club's Marina Room and the third Tuesday of each month at the Vista Club's Sonoma Room. We play the gals against the guys! Canasta is a fun card game. It's easy to learn and no experience is necessary. Beginners are always welcome! We collect \$5 club dues per couple when you play, to cover the cost of supplies. Please call or email Patt Holobowicz at 707-225-0796 or 312-420-7726 if you are interested. Email is patthalo@sbcglobal.net. We hope you will join in the fun!

Cycling



Photo by Roger Kohn

The Trilogy Cycling Club is all about cycling, camaraderie, coffee and conversation. Come and meet with us in front of the Delta Club at 7:50 a.m. Our rides are usually 20-25 miles, but you can add or subtract miles. There are plenty of regroupings; no one is left behind. Helmets are required. Bring money for a possible coffee and snack stop. For more information, contact Al or

Marcia Morrison at marcialsj@netscape.net or 707-374-5177. This month's photo is Bernd Von Sosen. Bernd took first place in the men's division for the Trilogy Triathlon. He participates in other triathlons and century rides with his sons. Bernd rides a lot of miles, such as riding to San Ramon or Danville to see his children. He plans on riding his bicycle across the United States next summer.

Dog

Meet Rags, who came to live with Susan Tennenbaum as an approximately 8-week old puppy in June of 2015.

He was a cute little ball of white fur who soon taught her the dog rules: he may sit on any lap he chooses or on any piece of furniture. Rags loves to play, especially Get the Dog and Chase the Cat. Needless to say, the last one is not the cat's favorite game and he soon finds a place where the dog can't reach him. Rags is sociable: shy with adults at first, but not shy with other dogs or children. He has a small but growing repertoire of tricks and has brought her much love and joy.



In August, Rebecca McDonald, a Trilogy resident and owner of Rebecca's Pet Care, discussed dog park etiquette, stressing that dogs brought to the park should be socialized already, with good recall and strong sit and stay skills, and that dog parks are not the place for timid or aggressive dogs. At our September meeting, Amber and Lee from Delta Dawgs will give us some tips on dog grooming and in October we'll be again having our costume parade. In our newest project, members are collecting pictures of their dogs involved in questionable behavior for a shaming/confessions book.

Our next meeting will be Tuesday, October 25, at 12:30 p.m. at the Delta Club. The next play date will be Saturday, October 29: large dogs from 9 - 10 a.m., small dogs from 10-11 a.m. For more information, contact President Sharon Primeau at sl5prim@yahoo.com.

Dominoes

Did you hear the train whistle? That was the Mexican train. You have to come to the station to board. The "station" is at the Delta Club on Tuesday, September 6 and 20 at 12:30 p.m. If you are not familiar with the rules of play, you will be patiently helped by the others. They are simple, and the play is quick enough to keep everyone's interest. Don't miss out. For further information, please call Shirley at 707-374-9984.

Drama

For those of you who joined us and enjoyed our summer play in August, we are sorry to say we will not be having our annual Christmas play this December due to many scheduling conflicts. Our play committee is actively looking for next summer's box office hit.



The photo above is the cast from our August production. It takes a village to produce and present a play for others enjoyment. We welcome aspiring new members, especially a few good men, with or without experience. Or you can help behind the scenes. You will absolutely have the most fun with our cast of characters.

It was fun being a part of Club Awareness Day on September 10. Also, we participated as sponsors in the Rio Vista Senior's Golf Club benefiting the Rio Vista Food Pantry on September 21. Our annual Pasta Feed fundraiser is scheduled for April 22, 2017.

All interested Trilogy residents and all new signups from Club Awareness Day come to our next membership meeting on October 25 at 7 p.m. at the Delta Club. Please contact Judy Calpo for more information at 707-374-2924.

Fat Quarter Quilters

We get together to work on our own quilting and sewing projects. Join us and meet new friends and share the love of sewing and quilting. We meet every Wednesday from 12:30 -3:30 p.m. at the Delta Club. There are no dues or fees. Contact Esther Young at 707-374-2639.

Garden

It's hard to believe it's been a year since the first Garden Club meeting was held. What started with six hardworking, dedicated volunteers has grown to 115 members! There have been field trips to the Sunset Garden offices in Menlo Park, the Western Railroad Museum, Golden Gate Park Conservatory and the National Heirloom Festival. There have been workshops that taught us how to arrange flowers, make succulent wreaths, how to embellish a flower arrangement for holidays and a fairy garden workshop. Our general meetings have been well attended with a variety of topics covered, including how to attract pollinators, raised bed gardening, plant propagation, vertical gardening, rose grafting, miniature gardens, drought resistant gardens and reviewing the requirements of the Architectural Review Committee. Let's not forget the

presenters that included our own Ann Thomas and Kathleen Klessen; Solano County Master Gardeners: Michelle Davis, Gene Ekenstam, Peggy Chapman and Judy H.; U.C. Davis Production Manager Josh Puckett, and of course Mr. Bob Tanem, America's Happy Gardener.

Watch the lobby of the Vista and Delta Club for our posters announcing the details of our next general meeting to be held on October 13, 2016 at 1 p.m. and our cornhusk workshop that will be held on Tuesday, October 18, 2016 at 9 a.m. in the Marina Room at the Delta Club.

We hope you will come grow with us! Membership is only \$15.00 per household per year, and entitles you to member's only benefits. Should you have any questions, please contact us at trilogygardenclub@gmail.com.

Genealogy

Barbados: an English Colony. The first English ship to make landfall in Barbados was on May 14, 1625 and was the first European nation to make a permanent settlement there. England already had settlements established in the Americas at Jamestown, 1607, Bermuda, 1609, and Plymouth, 1620. Barbados quickly became the third largest English colony in the Americas. Between 1640 and 1660, Barbados attracted more than two-thirds of the number of people from England who emigrated to the Americas. There were around 44,000 settlers living there in 1650. This was compared to 12,000 settlers living in Virginia and 23,000 living in New England that same year. The majority of English settlers who came to Barbados during this time were indentured servants who exchanged five years of labor for their ship's transportation fees. When the English Civil War was going on, rebels and criminals were transported to Barbados by the civil Puritan government. When the monarchy was restored, a large number of these rebels were granted land on the North American continent as compensation for their exile. Parish records from the 1600s show four times as many deaths as marriages on the island. Residents were continually being replaced by new arrivals. Those granted land on the North American Continent landed in the area of present day North and South Carolina. The main product of Barbados was initially tobacco. However, that was soon relegated to the domain of Virginia and replaced by sugar. Previous comments excerpted from the Ancestral Findings site.

Club meetings take place the first Thursday of the month at 2 p.m. in the Monterey Room, Vista Club. For more information, contact Rhoda at 707-374-7542. The workshop is held the third Thursday at 2 p.m. in the learning center, Vista Club. For more information, contact Carolyn at wncbridges@comcast.net or 510-334-0912.



Good Samaritans

We praise for the vision God inspired in Brother Paul and Sister Rose and The Good Samaritans Bible Study for the past 11 years.



Our initial vision was to reach the sick and shut-in and to expand the Bible study beyond the four walls. Our new vision comes from the Word of God.

We are expanding our outreach

ministry, which will reach hospitals, care homes, children, homeless, unemployed, single parents and elderly.

It is amazing how God opened the doors through The Good Samaritans for other Bible study groups. We plan to continue our weekly Bible study every Thursday @ 1 p.m. at the Marina Room of the Delta Club. For more information, email 9fellowship@gmail.com.

Scripture of the Month: 2 Timothy 4:2

Guitar

This 'n That Coffee House returns to the Diablo Ballroom on Sunday, October 23. Our last Coffee House in August played to an enthusiastic packed house. We will provide as much seating as we can at this upcoming This 'n That. If you haven't been to the Coffee House, consider stopping in and find out why so many of your neighbors are coming to listen to Guitar Club members sing and play guitar or ukulele. We also sprinkle in a little poetry or prose. It's a relaxing evening of music and spoken word. Coffee and snacks are free and there is no admission. There is also a tip jar for you to show your appreciation and to help cover our costs. The first song begins at 6:30 p.m.

Pictured is George Sasaki playing at our last Coffee House. George is one of our first members. He is an inveterate finger picker and has a voice that complements his style. George is also founder and president of the Hiking Club. He seems to have a knack for being friends with certain celebrities such as Peter Yarrow and Ben E. King.



Guitar Club meets only once this month on Monday, October 17 in the Diablo Ballroom from 3 p.m. - 5 p.m. For those two hours we play, sing, talk and have a good time. Beginners and non-players are always welcome.

Beginners Workshops meet on the second and fourth Fridays of the month in the Diablo Ballroom from 2 p.m. - 4 p.m. If you have questions about the club or events, contact Roger Kohn at 707-374-2737 or email Rich Victor at thatsrich@gmail.com or email us at guitarclubTRV@gmail.com.

Havurah Friends

Havurah Friends will be having a Shabbat Dinner on Friday, October 7, 2016 at 6 p.m., in honor of the High Holy Days. Please RSVP and bring a dish to share if you are coming. There will be no other meeting in October and a date for November's meeting will be announced later.

Havurah Friends is a social and educational club, open to all who are interested in exploring Jewish history and culture through discussion, books, special events and traditional holiday gatherings.

We also plan to have a Chanukah Party on December 30, 2016! We will need committee members to help plan. In addition, we are always exploring new ideas for day trips, as well as interesting discussion topics, and future events. Please come and give us more ideas to help make your club whatever you would like it to be! We look forward to welcoming new members as we expand our group of friends. For more information, please call Pam at 707-374-3161 or email her at karatpah20@gmail.com.

Hiking

The Trilogy Hiking Club is one of the oldest and largest clubs in Trilogy, formed 12 years ago with a current membership of over 250 members. The Club offers a wide variety of hiking, special interest and social events; membership and most hikes are free. A nominal fee is charged for our special events.

Hiking: The club's mainstay activity is our Saturday Hikes. In the last 12 years, close to 500 hikes and events have been conducted. We offer a varied assortment of trips ranging from short hikes on paved surfaces, to long single trail hikes for those more adventurous. A monthly member newsletter describes each hike in detail in advance of the hike date. All hikes depart at 9:30 a.m. from the Vista Club, where a pre-trip meeting is held and carpooling arrangements are made.

Special Interest Events: These range from day trips to places such as the mines at Black Diamond, Sacramento's Underground, and Vasco Caves, to multi-night trips to



Point Reyes, Lassen or Yosemite. Traditionally we go to Yosemite in May and Point Reyes in September.

Social Events: Club members gather monthly at a member's home for a potluck followed by an evening of socializing and playing card or board games.

October Saturday trips are:

October 1: Brushy Peak Regional Preserve - Livermore

October 8: No Hike - Bass Festival

October 15: Trilogy Walktober - Trilogy, Rio Vista

October 22: Mt. St Helena - Calistoga

October 29: Morgan Territory Regional Preserve - Livermore

If you have questions, or would like to be put on the mailing list, please contact Vic Thiry at vic@thiry.us or 707-374-3749.

Men's Executive Nine Golf

The Rio Vista Men's Executive Nine golf club is comprised of members who enjoy playing nine holes of golf and then socializing after the game. We play each Tuesday midmorning. The format varies each week, with individual "straight" golf play two Tuesdays of the month, and, with a few exceptions, individual and team tournament events on the alternate Tuesdays. We would like to welcome new members Dave D'Arche, Michael Reagan, and Jim Resteck to our club. With the addition of these new golfers, we currently have 109 members.

During the month of August, the club held one Tuesday Tournament and the Club Championships. The winning foursome members on August 9 were: Jeff Culshaw, Steve Baptista, Bob Bard, and Byron Lockhart. The flight winners for first round of the club championship on August 23 were: Joe Devilbiss, Jim McDermott, and John Sloat. The flight winners for the second round were Dennis Germano, John Santry and Bob Azbekk. Congratulations to the 2016 Club Flight Champions: Lee Durham, Dennis French, and Dennis Jones.

Because of some adjustments to the club's meeting schedule, there will three "straight golf" Tuesdays and one Tuesday Tournament in October. The Tuesday Tournament on October 11 will be special as we host the Rio Vista Women's Nine Club for a "Green Tee" tournament. The day will begin with 9 a.m. shotgun start and finish with a luncheon at Sir Flair's Restaurant.

We invite you to come out and join us for a good time with a great group of guys.

Men's Fellowship

On September 21 we celebrated two years of fellowship. It all began with four singers from the Delta Breeze Chorus having coffee in the Café Vista discussing their faith, beliefs, and the Bible.

Since that humble beginning our group has grown to fifty-three, with a weekly average attendance of thirty-two. The men attending are from many different religious and cultural backgrounds. We encourage you to join a meeting: you may find that you like the discussions.

Due to our growth we have found it necessary to relocate from the Monterey Room to the River Room at the Delta Club. Our time will change as well. We will be meeting from 10 - 11:30 a.m. every Wednesday and welcome all men who have an interest in studying the Bible.

We will be wrapping up Romans during the month of September and will begin a study of Philippians. For any additional information, please contact either Lloyd Whitford by calling 707-374-3266 or emailing whitfordlloyd@gmail.com, or Ted Angus by calling 707-374-6593 or emailing sandraangus@yahoo.com.

Model

The club president has finally returned from a motorcycle trip of over 2,000 miles around the United States visiting old friends, as well as state and federal parks. And what did he do right after his return? He went on a motorcycle trip with the local motorcycle club. Because of this feat, the Model Club members have bestowed upon him the title "Old Iron Buxx." We are now planning our fall schedule of field trips, so stay tuned. Any questions, please contact our Club Secretary Mr. Dean Lattman at 707-374-3967. Please join us at our monthly meeting the first Friday of each month in the Monterey room at 9 a.m.

Motorcycle

The Trilogy Motorcycle Club riders meet the first Saturday of every month for an all-day ride. The September 3 ride took us on a familiar route out Twin Cities Road to Lone for a stretch break. Riders included Frank Cable, Bill de' Manincor, Ted Tome, John Stapp, Bob Azbell, Randy Scott, John Oakley, and Wil Bridges.

We dawdled enough to make it to Placerville at about lunch time and found Mel's Diner to be a perfect place. Then the real ride began, up 49 to 193 and heading to Georgetown. Short of Georgetown, we turned east on Rock Creek Road, a wonderfully smooth little one-lane road paralleling a river coming out of Slab Creek Reservoir.



Swinging Bridge connects locals of El Dorado County to Placerville.

The view of the river and a small power plant were excellent from our mountainside perch of some 500-1,000 feet above.

Further along, passing Finnon Reservoir, we came to a great little well-kept airport with nice hangers and planes housed inside. We found out the locals flew in and out rather than brave the road. Mosquito Road, another one-lane road, brings us back toward Placerville and down some challenging switchbacks before bottoming out on a wonderful little one-lane wooden bridge known as the Swinging Bridge (pictured here). The bridge is over 150 years old and is a mere nine feet wide by 140 feet long, originally built for horses and carriages. The Goat Doctor (that's another story) is affiliated with this bridge and the locals are attempting to save the bridge from modernization. Weather was ideal with a cool morning and balmy afternoon. Total ride was about 210 miles and we rehashed the ride over coffee in Lodi. What a fine day.

We invite the other motorcycle riders in Trilogy to join us on any of the monthly rides. The next ride will meet at McDonald's in Rio Vista at 8 a.m. October 1, the destination TBD based on weather. For more info, contact Bob Pastorino at 707-374- 6556 or Larry Nelson at 707-374- 2967.

Movers & Shakers

This is a support group for those with Parkinson's, Essential Tremor, Dystonia, or any other movement disorder. We meet once a month at 7 p.m. We discuss topics such as medications, treatments, nutrition, exercise, and any of the latest information that a member has learned and wants to share. Spouses and caregivers are welcome also. We are here to develop relationships and offer support for each other. At the end of each meeting we have a refreshment and social time. We would love to have you join us for date and location, call Audrey Kinser at 707-374-7506.

Nature

Nature Club will meet Wednesday, October 12, 6:30 p.m. in the Monterey Room at the Vista Club to discuss fall outing plans. We will be going to the John Muir national historic site in Martinez on Thursday, October 20. Meet at 9 a.m. in the Vista parking lot. If you would like, bring your lunch or snacks as picnic tables are on the grounds. This is an interesting location for history, flora and fauna. We hope you can join us. Depending on whether large numbers of wintering birds begin arriving back in our area, we may schedule one or more additional field trips this fall. Notification will be sent to members via email. For more information, call Gail at 707-374-2718.

Photography



Canyon DeChelly by Lisa Tamres

All Trilogy residents, regardless of experience, skill level and/or photographic equipment used, are invited to drop in and find out more about our club. Come check it out on the first Thursday of each month at 7 p.m. in the Learning Center at the Vista Club. This month we meet on October 6. Please arrive early to upload your pictures if you plan to share during "show and tell."

Many members look forward to getting the next "home-work assignment" - it motivates us to get out and take pictures. This month's subjects (always optional): carousels, escalators, and vineyards. November themes: politics, cemeteries, and musical instruments. Suggestions for future meeting themes are always welcome!

Please contact club coordinators Diane King at erasewrinkles@att.net and/or Yvonne Camper at yvonnecamper@att.net for more information.

Pinochle

New Trilogy residents are invited to join our Pinochle Club. We meet every Thursday at 6:30 p.m. in the Sonoma Room of the Vista Club. Depending on attendance, we play single or double deck pinochle. We have no dues, we just enjoy getting together with other pinochle players. Come join us even if you have not played in years. For more information about our club, contact Shirley Grijalva at 707-374-6752.

Radio

Fall is just around the corner. We are almost all back from vacations. Our technical advisor, who is also a communication expert for the American Red Cross, has been busy with local and statewide emergencies yet somehow almost always finds time to attend our meetings. Community service has always been a main thrust, and it is a pleasure to hear about communications problems and how they can be resolved. Special thanks to Jim Larsen for pushing to obtain the Emergency Action map of Trilogy RV published and the additional hours he spent on the New Residents List which indicates to first responders of special or unique needs of our residents. This list is critical to the firemen, police and the volunteer Emergency Action Team at Trilogy. The Radio Club meets most Tuesdays in the Vista Club Monterey Room at 8:30 a.m. for demonstrations and technical discussions. Please stop by. We also conduct a radio network using the Solano County ACS repeater most Monday evenings at 7 p.m. Questions? Call Club President Dean Lattman for more information. He is available at 707-374-3967

RV Roamers



Photo courtesy of Ken Higaki

On August 8 - 12, we had 12 rigs, 18 members and six guests travel to Feather Falls Casino RV Resort in Oroville, hosted by Ken and Cathy Higaki and Bob and Joanne Powell. We not only enjoyed happy hours, potlucks, meals at local restaurants, and ice cream, but card games, Corn Hole, golf and touring Oroville's local history. Some of us even left money at the casino. The winning teams of Corn Hole were Gloria and Bob Anderson, Tess and Steve Felte

Do you have a motorhome, travel trailer or Fifth Wheel? Are you new to Trilogy, or have you been here a while? Come and join our Trilogy RV Group – Rio Vista Roamers.

and Cathy and Ken Higaki. The winning teams of the golf tournament were Joanne and Bob Powell, Tess and Steve Felte and Ann and John Waggoner. Thanks again to Ken and Cathy and Bob and Joanne for hosting.

Our last RV trip for 2016 is October 17 - 20 to the 49er Village RV Resort in Plymouth. For information contact the Wagon Hosts, Joe and Kathy Russo at 707-688-8127 or krussoret@frontiernet.net.

To end the year, we have two social events. November 10, a Thanksgiving Feast at the Delta Club and December 3, a Holiday Dinner at The Point Restaurant, in conjunction with the Lighted Boat Parade. Mark your calendar now. More information will be sent via email. If you would like to join us, please contact our President, Richard Larsen, at bisketral@yahoo.com for more information.

Singles



The Singles Group is enjoying fall and looking forward to planning some new events. We hope you had a chance to meet some of us at Club Awareness Day in September.

We get together for cards and games on Wednesdays at the Vista Club from 7 - 9 p.m. in the Sonoma Room. Don't forget to bring your favorite beverage to quench your thirst! If you'd like to bring a sweet or savory snack to share you can, but it's not required. We look forward to meeting you at the next event!

Our Meet & Greet BBQ's are held the third Sunday of the month. Join us at 6 p.m. on October 16 in the Marina Room at the Delta Club. Bring something to grill, a side dish to share, and something to drink and get ready to enjoy an evening of great conversation and laughs. Don't forget your swimsuit in case you want to take a dip in the pool or the hot tub.

If you have any questions, or require additional information, contact Robie Williams at robiejw@hotmail.com or Doug Littrell at littrelldouglas66@gmail.com.

Square Dance

If you are an experienced square dancer, come join us on any Wednesday. Sessions start at 6:30 p.m. in the Delta Club Rio Vista room. You might also get a little exercise and add a few steps to your Fitbit. The club has engaged the services of Scot Byars, a nationally known professional caller and teacher, at a cost of \$5 per dancer per session. If you are interested but have no square dancing experience, beginner classes will be offered in the near future. We are gathering names of interested dancers and will offer a special beginner catch-up class in October if



we can get enough people signed up. Watch this space for details or drop in on a Wednesday session. Groups, couples and singles are welcome. Dress is casual. For further information on our sessions or information about the club, call Judy Lentz at 707-374-6506 or Ron Kott at 650-464-2071. BE THERE AND BE SQUARE.

Supper

Wondering what Supper Club is all about? Our members are a group of people who enjoy sharing a meal and conversation with new people and existing friends in a small group setting of typically eight to ten people where we can get to know each other. We come from all walks of life. Some of us are retired and others are still toiling away looking forward to that special day. We are made up of singles and couples, and one thing we have in common is our own story and a desire to make new connections.

Supper Club has five small group home events per year. There is nothing gourmet about the club; complement the meal at the request of the host. Groups are typically eight to ten people. The event can be a brunch, lunch or dinner. If you would like to join us or need more information, contact Susan Collier at 707-372-5489 or msnnoimre@gmail.com or Pam Lewis at 707-372-1642 or flyprl@yahoo.com.

Table Tennis



Imagine a group of 60 senior citizen athletes voluntarily cooped up for over seven hours inside a 4,500 square foot building containing five tables, lots of white balls, and ample refreshments: food, desserts and beverages to last all day! This is precisely what over 30 Trilogy Table Tennis Club members and an equal number of Rossmoor's Club members did on August 27. This ritual has been enacted twice each year during the past six years. In addition to lively competition that tests the table tennis skills of our members, Trilogy and Rossmoor clubs have developed endearing camaraderie and friendship that make our gatherings especially joyful.

Although Trilogy's team lost this tournament, our performance exhibited some notable features. In singles matches, our top level A players dominated by winning

14 of 16 matches. Our level B players were at par, winning eight of 16 matches. Rossmoor dominated the C, D, and E levels winning a whopping 80% of the matches. Ouch! In doubles competition, our top A and B levels were even with Rossmoor's, each winning eight matches, but our C and D levels were clobbered, losing two-thirds of their matches. Ouch, again! The take-home message is the need for further skill development through more serious training and practice, especially by intermediate and beginning level players. Only time will tell!

To learn more about our club, please visit <http://trvtt.wordpress.com> or contact: Len Latorre, President 707-374-3893; Mimi Petersen, Vice President 707-374-2219; Rod Armas, Treasurer 707-374-5989; Saiman Hui, Secretary 707-374-4883; Tom Barnes, Tournament Director 707-812-7112, or Ruth Barnes, Member-at-large 707-812-7112.

Tennis

Tennis tournament update: Trilogy and Rossmoor met for our second round of tennis on September 17 at our courts here in Rio Vista. The day was sunny with blue skies and, surprisingly, no wind (which our competitors really appreciated). Despite this advantage, we took back the winners plaque with a score of 18 - 10. To celebrate (and soothe the wounds of defeat), all the players were treated to a sandwich luncheon with ice cream sandwiches for dessert. It doesn't get much better than that!

October coming events: We have two tournaments this month, both at Trilogy Rio Vista. October 1 will be with The Vineyards and October 29 will be with Summerset. These games will be the last of our interclub tournament series for the year. Everyone is welcome to watch the fun. Also, mark your calendar for the next Daylight Savings Tournasocial which will be held Sunday, November 6.

As always, daily Social Tennis is Monday - Friday from 8 - 10:30 a.m. and we welcome anyone, member of the club or not, to join us. Just be sure that your shoes are "court shoes" that do not leave marks on the court surfaces. Need a racket re-strung? Call either Cora Velasco at 707-374-3588 or Al Banga at 707-374-2339. Members only: for help with the ball machine, please call Chuck at 707-374-6808 or George at 707-863-1082. George is also available for lessons if you want to learn to play or merely pick up your game.

For more information about our club, our next club meeting is scheduled at 10 a.m. on Friday, October 28, at the Delta or contact Claude Trottier at cltrottier92@gmail.com. You can also visit our website at www.frontiernet.net/~courtjesters.

Trilogy Theater Group

All Trilogy residents are invited to be guests at our membership meetings. This month we meet in the Delta Club Marina Room on October 27 at 7 p.m.

Our 2016 season was completed in late September with a very successful production of *All My Sons*, by Arthur Miller. The 2017 season lineup is under development now. We're always happy to hear from Trilogy residents about what they'd like to see in upcoming productions.



Many members joined TTG with no theater background - just a little curiosity and lots of enthusiasm for bringing quality productions to our audiences. One of those members, Paula Mezynski, signed up for acting lessons offered by TTG founder Louise Mitchell. "It's been such a learning experience and so rewarding working with all our members," says Paula. She has appeared in most of our productions and is always helping behind the scenes, too, with stage and set building, costumes and props. If you enjoy live theater and have a little curiosity, why not check us out?

The next in our continuing series of "Read Aloud" events is on October 20 at 7 p.m. in the Delta Club River Room. Readers present staged readings or recitations of favorite monologues, poems, dramatic or comedic dialogues. If you're interested in participating in this event or want more information, please contact CeCelia at c.a.wavrick@gmail.com.

For more information about our productions or any of our other group activities please contact TTG President Louise Mitchell at 707-374-3541 or sspm1939@gmail.com.

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TOPS (Take Off Pounds Sensibly)

Taking pounds off and keeping them off takes more than a strong will and a refrigerator filled with things that don't normally float your boat. In our meetings we learn strategies to help us continue in our lifestyle of healthy eating. To that end, in a recent meeting a member shared an article written by Dr. Roxanne Sukol. In it she says that there is a biochemical basis for physical cravings and sugar is the strongest stimulator of cravings. In fact, author Dr. Mark Hyman calls it a recreational drug. Why you may ask? Because it produces small

amounts of opioids (heroin and morphine) when you eat excess sugar and fat. Here's the deal. Food cravings stimulate dopamine and serotonin. Dopamine enhances pleasure and well-being. Serotonin also reduces pain, including the psychological pain of anxiety and depression. When you get stressed out, you're lowering your serotonin level. That makes it easy for sugar to ride in and stimulate serotonin release. It's a quick and easy fix that's just one candy bar or latte away.

The article went into more depth than I can present in this article. If you're interested in reading the complete article, be our guest at a Wednesday meeting; we'll make sure that you get a copy. To join in our festivities, we meet every Wednesday at the Delta Club. Weigh-in is from 7:30-8:45 a.m. with the meeting beginning at 9:00 a.m.



Trilogy Art Guild

TAG meets the first Monday of the month at 1 p.m., for more information, you may contact Marie at 707-374-5151.

As always, you are welcome to attend classes taught by some of our talented TAG members. All Trilogy residents are invited to attend, no experience is required, and beginners are welcome. Classes are held in the Delta Club Marina Room

This month we would like to introduce you to Shibori. October 15 and 16 will be the last Shibori Shirt Workshop of this year. Shibori is a Japanese term for resist-dyeing fabric with many different techniques like binding, clamping, or wrapping around tubes or poles to create beautiful patterns. For more information and next year's schedule, contact Lori at 707-374-6196.

Beginning Watercolor

Tuesdays at noon with Anna.
Contact her at 707-374-3560.

Oil and Acrylic Painting with Gary

First and third Wednesdays from 2 - 4:30 p.m.
Contact Alma at 707-374-3064.

Card Design with Wilda

Wednesdays from 2 - 4p.m.
Contact Alma at 707-374-3064.

Cardmaking with Shari

Fridays at 10 a.m. Contact her at 707-363-9752.

Advanced Watercolor

Fridays at noon with Anna. Contact her at 707-374-3560.



Ukulele



We meet in the Vista Club Diablo Room each Wednesday. All interested Trilogy residents are welcome to drop in, listen, play and sing along with us. Beginners' class meets at 11 a.m. followed by the performance group at noon. We welcome all new beginners that have recently joined us and invite others who are curious about playing this delightful instrument - come check us out!

Bring your own ukulele if you have one. We'll help you find a ukulele that's just right for you. You don't need to know how to read music or have any prior experience with playing an instrument. Ukulele is a simple, four-stringed instrument and is so easy to learn - you'll be playing new songs in your first class! You'll be amazed at the variety of music that can be played on this lovely instrument: folk, classical, blues, island, rock and roll, pop tunes, holiday favorites - you name it!

Contact Claire McKean at 510-301-0479 for more information.

Whist

Here it is, our fourth season of 2016, and three months to the new year. We the Whist club members are praying for and anticipating much needed rain. We have noticed that most of the new houses have low maintenance landscaping, and a lot of the older homes are being updated by their owners. Green lawns will become a thing of the past.

New guests have joined us on several third Friday nights to play Mexican Train, a game introduced to most of us by Peggy Smith. Bring your favorite game to share. We are wishing for some of our former members to return to this function.

You are welcome to have fun with us every third Friday of the month at 7 p.m. at the Delta Club. Bring a dish to share. The food is always plentiful and tasty. We play cards, dominoes and any game that you bring and teach to us. Some people sit, exchange information and give their views for a better country. Come, interact and share your thoughts with us on designated Mondays (see the Activity Calendar in *Trilogy Living*). We offer encouragement and support for each other. Remember, knowledge and not doing are equal to not knowing at all. For additional info call Hattie Walker, Chairperson at 707-374-3699 or Jean Robertson at 707-374-0086.

Women's 9-Holers

August has been a nice month to play golf. The first week was the beginning of the TOCC. Nine of our ladies are participating in it. Good Luck ladies! The second week we

did a low putt day. The third and fourth week we played regular golf and the fifth week was another low putt day.



Handicaps: The winners for August 9 with Handicaps of 21-35 was a tie: Jan Benner and Pam Fashing with 16 putts. Handicaps of 36-41 was Nancy Biles with 17 putts. Handicaps 42-56 was Barb Downs with 16 putts. The winners for August 30 with Handicaps of 21-35 was Lynn Traver with 16 putts. Handicaps of 36-40 was Diane Scholz with 15 putts. Handicaps 42-60 was Monika Danielson with 16 putts. Congratulations Ladies!

Pars for August (24 total): #8, #13 and #15 favorites. Par of the Month Club Members: Lynn Traver (5), Anna Bogucki (1), Doreen Lewis (1), Sheila Wood (1), Lois Dutcher (1), Pam Fashing (4), Barb Bellamy (3), Joann Hess (1), Jan Benner (2), Debbie Petteruti (2), Diane Scholz (2), Sharon David (1). Congratulations ladies! Chip-ins: Sheila Wood!

Trivia Rule: A player on the putting green addresses her ball. Before playing, a strong gust of wind moves the ball. The player incurs a penalty: a. True or b. False

Come join us. Contact Debi Petteruti at 707-374-5797, nsdme2012@gmail.com.

Women's 18-Holers

The highlight of the month: The winners of our Ace of the Month were Donna Nunes and Diane Staley, both with a net 70. Congratulations ladies! **August 4** - It felt more like January than August, but 36 ladies braved the weather to compete for the Ace of the Month honor. For the first time we had a two-way tie with Donna Nunes and Diane Staley each netting a 70. Birdies - No birdies. Chip-ins - Denise Sargent-Natour. Closest to Pin - Doris Sundly, 6' 2 1/2" Broke 100 - Linda Barlesi, Marsha Berry and Donna Nunes.

August 11 - The weather was perfect, but the golf gods were not nice to the 36 ladies that showed up to play. Birdies - Elaine Love. Chip-ins - Paula Davis and Alma Renko. Closest to Pin - Sharon David, 13' 3". Broke 100 - Linda Barlesi and Marsha Berry. **August 18** - Our group was small this week with only 19 ladies. Game played was a Step Aside Scramble. Since this is a team game, there were no pay-outs for birdies, chip-ins or closer to the pin. There were 5 teams, 1 Flight paying 3 places. Scores were all gross team scores: First: Berry/Teixeira/Masterson/Smith, 79. Second: Javier, Davis, Benner 82. Third: Royle/Staley/Grace/Eremian, 85. Tie broken by back 9 score. **August 25 - 26** ladies played a game using only 4 clubs and putter. Birdies - No birdies. Chip-ins - Kathleen Moore, Trixie Roque, Diana Scholz and Ulla Ulmonen. Closest to Pin - Eila Ballard, 5' 9". Broke 100 - Linda Barlesi, Des Javier and Lynn Traver. We meet every Thursday at Sir Flairs. If interested in joining our group, contact Carol Petronzio at 707-374-2740.



Women's Fellowship

Welcome back, everyone! It is good to be back after having a month off, and to our delight, we have gained new interested members. At this time, we are studying "spiritual gifts."

The fall season is upon us and we look forward to a great harvest time, as this time of the year is neither too hot nor too cold. To see the leaves falling off the trees is a delight, as we know that we too will shed dead energy from our hearts and minds as we unite in new thoughts and practices. With that being said, come and join us as we learn and put into practice our individual "spiritual gifts," blessed by our Father in Heaven. For more information, please contact Dorothy Tate at 707-374-3892.

Writers' Club

Optional Topic This Month: A Life Changing Event

When we were young, many of us thought we could plan our lives and everything would turn out perfectly. Then real life happened and we were greatly surprised. Some

events changed our lives for the better. Some turned us upside down and in an unexpected direction. An occurrence could be completely unnoticed by those closest to us or could deeply affect all around us. Some situations happened because of our own actions, while others were entirely out of our control. How will you choose to share about this experience? Will you compose an essay, a poem or lyrics? Or would you prefer to write about something totally unrelated to our optional topic? Whatever you decide, just write! Then join the Trilogy Writers' Club on Thursday, October 13 at 7 p.m. We'll meet in the Monterey Room of the Vista Club to share our thoughts and compositions.

This is a safe place to share ideas and experiences. Some write to educate. Others write to entertain. A few are just discovering that they have talent, while others have written for many years. Whether you have been published or you write for personal fulfillment, we will welcome you to our gathering. If you have any questions, please contact Suzi at 925-231-5213, Judy at 707-374-3973, or Zoe at 707-374-3676.

Computer Class 90-Minute Opportunities

Sign Up At Vista Club Member Services - Pay by Check or Credit Card

Focus on the Basics -- Last computer classes in 2016!

October 2016	ALL CLASSES ARE ON TUESDAYS (NOTE: Two Evening Classes!)
Computer Basics \$5 ea.	October 11, Class 10:00 a.m. to 11:30 a.m. Introduction for new computer users to learn their way around the computer. <i>This class is mandatory or equivalent knowledge for all other classes.</i>
Windows 10 \$7 ea.	October 11, Class 12:30 p.m. to 2:00 p.m. Intro to Microsoft Windows 10 operating system. Should you upgrade from Windows 7 or 8? Or your new computer came with Windows 10 – Help!
Windows 10 \$7 ea.	October 11, Class 7:00 p.m. to 8:30 p.m. ~ **EVENING CLASS** Intro to Microsoft Windows 10 operating system. Should you upgrade from Windows 7 or 8? Or your new computer came with Windows 10 – Help!
Create, Find & Work with All Files \$7 ea.	October 18, Class 10:00 a.m. to 11:30 a.m. Save documents & pictures so you can find them. This knowledge is fundamental to transfer either from phone/camera to computer or USB drive, attach to email, post to social media, and organize everything! <i>(USB memory stick available \$5).</i>
Windows 10 \$7 ea.	October 18, Class 12:30 p.m. to 2:00 p.m. Intro to Microsoft Windows 10 operating system. Should you upgrade from Windows 7 or 8? Or your new computer came with Windows 10 – Help!
Windows 10 \$7 ea.	October 18, Class 7:00 p.m. to 8:30 p.m. ~ **EVENING CLASS** Intro to Microsoft Windows 10 operating system. Should you upgrade from Windows 7 or 8? Or your new computer came with Windows 10 – Help!

If using your own computer, public wireless network cautions apply!

Computer Basics class is mandatory or equivalent knowledge for all other classes.

Limited Class Size-sign up early. Repeating classes is recommended. Class subject suggestion list available!

Interested in training or helping others during class? Email Debbie Dorn at ddorn@actionlife.com.

Computer Classes will resume in January 2017



SALUTE TO TRILOGY VETERAN GEORGETTE HALL

by Sally and Stan Brenner (Fellow Vets)



Kansas City native Georgette Hall left the Air Force in 1979 at Travis AFB after nine years of active duty, but has remained a Solano County resident, enjoying nursing training and service, family formation, home ownership, and Trilogy membership.

A WAF, or "Woman in the Air Force", her career spanned duty at Lackland (TX), Tyndall (FL), Elmendorf (AK), and Travis AFBs. Although she was never posted to places on her "dream sheet," she fully enjoyed all of her duty locations.

Basic training covered "the longest six weeks of my life," while her Alaskan posting proved most interesting. There, she met then-President Gerald Ford and visited remote installations, crossing the Arctic Circle, viewing spectacular scenery and wildlife. A photo of her in uniform appeared on the front page of Air Force Times.

Other stations provided memorable experiences including a career-inspiring first sergeant at Tyndall, meeting her future husband on a Travis squadron bowling team, keeping in touch with Jackie Jones, recently retired from USAF and her co-Grand Marshal for last year's Trilogy July Fourth observance.

She's kept in touch with her first roommate from 1971, now residing in New Jersey, and with a former Travis couple.

Her Air Force experience reinforced her love, honor, and respect for her country, and pride for her military service. She counts her decision to enlist as one of her smartest choices, broadening her life and increasing her patriotism and loyalty. She appreciates that more career opportunities have opened for women, especially in combat specialties.

Returning to civilian life, she plunged into California and Solano County opportunities, utilizing her GI Bill benefits to attend college and to purchase a home.

She earned a degree in nursing at Solano College and set off on a nursing career. Her daughter and son were born in the Golden State. Tiffany lives in Fairfield and Jonathan resides in Vacaville with his wife and son. She visits her children often and her octogenarian mother in the Midwest at least yearly.

Moving to Trilogy six years ago, she became fully immersed in community activities, including Bocce, Zumba, and Dog clubs, appearing in Music of the Night. Along with Jackie Jones, she was co-Grand Marshal for the 2015 Trilogy Fourth of July celebration.



Rio Vista Food Pantry Needs Help

Commit your Tuesdays, 8:30-11:30 a.m., one per month OR any combination that works for you. Must be able to lift 40-50 pound items on occasion. Help a team pick up the weekly donated food items with a provided van. Trouble lifting but want to help? Let's talk about our other areas needing help. Contact 707-374-2358. Thank you!

Alzheimer's/Dementias Caregivers' Support Meeting

Alzheimer Services and the Greater Bay Area Alzheimer's Association sponsor the caregivers support group to offer information, speakers and videos, as well as open discussion and social interaction for caregivers of loved ones with Alzheimer's or other dementias. The group meets

the third Friday of each month from 9:30 - 11 a.m. at the Senior Center located at 25 Main St. in Rio Vista. Contact meeting facilitator Nat Marcoccio at RVALZSG@yahoo.com for more information.

Resident Golf Tournament

Once again we had a great turnout for our September Resident Tournament. It was a 50's Rock and Roll theme. Dinner after at Sir Flairs was also great and the ice cream sodas topped it off.

October's tournament is the last for the season. The theme is Halloween and everyone is going to have a scary, wonderful time. If you have a ghin number and handicap you are eligible to play. The cut off to sign up is Sunday, October 9.

Flyers are in the posting room. For more information, call Linda or Harold Rowe at 925-286-1555



Trilogy Labyrinth Walkers

Join us for our second field trip to San Francisco's Grace Cathedral, Thursday, October 13 at 7:45 a.m. Meet at the Vista Club parking lot near the waterfall. We depart to Vallejo Ferry by 8 a.m. The scenic hour ferry to San Francisco departs Vallejo at 9:30 a.m. (senior cost \$13.80 round trip). We land at about 10:30 a.m. for a walk across Embarcadero to California St. We board a cable car to Nob Hill (\$7 each way; correct change appreciated). The cable car will stop near Grace Cathedral. We have about one and a half hours to walk the labyrinths: enjoy the stained glass windows, statuary, magnificent entry doors, and other museum-quality displays at Grace. No entry fee is required, but a donation is suggested.

After the tranquility of Grace, we enter the busy street (careful boarding, cars zip by!). The cable car clangs and rumbles down California Street; lunch locations are a plenty along the way. At 3:15 we meet at the Vallejo ferry slot for a 3:30 departure. Ferry arrives in Vallejo at 4:30, and the drive home is about an hour.

This is a fairly easy, relaxed trip. However, you might be cautious as you climb onto and off of the cable cars. Please advise if you need a ride, or can provide one; if you have questions, contact Gerry Swan at 510-507-4080 or Elaine Wisz at 707-374-4310.

FAMILY HALLOWEEN PARTY

Sunday, October 30
2:00 - 4:00 p.m.
Seating Begins at 1:45 p.m.
Delta Club

Kids Costume Parade!
Family Pictures & Games!
Treat Bags & Prizes!

\$10 per family plus
\$1 for each child participant
Sign up number attending at Member Services

No plans for the day?
Volunteer for this fun event!
Contact Debbie Dorn 374-4204

ADVERTISING INFORMATION

DEADLINE: All final ads and checks are due by the fifth of the month prior to the month of publication. For example: November 2016 ads and checks are due by October 5, 2016. All late submissions will run in the December 2016 issue of *Trilogy Living*.

REGULAR SIZES AND RATES:

• 1/8 page ad	3 1/2" wide X 2" tall	\$90/month
Scan your horizontal business card at 300 dpi, and e-mail it as a pdf, jpg or tiff file to Tania Fardella at indigodesign@att.net .		
• 1/4 page ad	3.6" wide X 4.5" tall	\$140/month
• 1/2 page ad	7.5" wide X 4.5" tall	\$220/month
• Full page ad	7.5" wide X 9.25" tall	\$345/month

PREMIUM SIZES AND RATES:

• 1/4 page ad Inside Front or Back Cover	\$185/month	
• 1/2 page ad Inside Front or Back Cover	\$285/month	
• INSIDE FRONT COVER	7.5" wide X 10" tall	\$445/month
• INSIDE BACK COVER	7.5" wide X 10" tall	\$445/month
• OUTSIDE BACK COVER	7.5" wide X 10" tall	\$500/month

DISCOUNTS:

- 5% off pre-paid ads for 3 months or more
- 5% off for businesses owned by residents of Trilogy at Rio Vista

To place an ad, contact Joan Azlant at joanazlant@comcast.net or 707.374.2620. If you need ad design, contact Tania Fardella at indigodesign@att.net or 925.324.9988. Additional fees will apply for design, scanning, and edits.



Trilogy at Rio Vista HOME BASED BUSINESS DIRECTORY

All Occasion Travel

Full Service Travel Agency
Joan Greene, CLIA, ARTA, 707-374-2440
Certified Travel Specialist
www.alloccasiontravel.net

Mary Kay

Independent Beauty Consultant
Sueann Novotny 707-374-5624
E-mail: snovotny@citlink.net

Mary Kay Products

Independent Beauty Consultant
Sharon McDougall 435-669-5137
Marykay.com/smcdougall1

Nuskin & Pharmanex Products

"Little Wrinkle Iron" Call for Demo:
To turn back the "aging clock" now
Diane King, Consultant WS8301618
erasewrinkles@att.net or 925-324-1062

Rodan & Fields Skin Products

Anti-Aging Products for Wrinkles & Brown Spots
Call for FREE mini facial
Lupe Finch, Independent Consultant
707-374-2466 or LupeandMarcy@gmail.com

ANNOUNCEMENTS

Fall Open House

Saturday, October 22, 11 am – 4 pm
at 310 Cypress Drive. Knitterbug
Design Scarves and Once Upon
A Time Millinery Appetizers.
knitterbugdesigns@yahoo.com

FOR SALE

Home Security System

Alliance Security (Monitronics):
5 rooms including Health Plan.
Take over contract \$39.99
monthly. Will pay removal and
install fees. Call 510-813-2372

SERVICES

Airport Transportation

I will take ONE PERSON ONLY to
any airport, BART, RR, Medical
appointments. Call Ralph 394-3791.

Bicycle Repair

Gary's Bicycle Repair in Trilogy:
(tire changes, wheel changes, flats
fixed). Assembles, adjustments,
tune-ups. Appointments
only. Call 510-912-1640.

SERVICES

Caregiver

Stu Cares: LVN will come to your
home for nursing including
wound care, injections,
medications, teaching, vital signs,
coordination with family and
doctor. All care within scope of
practice. Transportation on a
case-by-case basis. Call Trilogy
Resident Stu 707-761-0846.

Cleaning

Complete housecleaning! Quality
cleaning at affordable prices.
Weekly, bi-weekly, or once.
Rental cleans. Call Dawn, "Jerry
the Sprinkler Guy's" daughter at
707-628-4235 or 707-374-5239.

Computer Aid

I can fix your PC, including
removing viruses and malware.
New PC setup with file transfers
and tutoring on Windows
8. Wireless printer, wireless
connections for Netflix. Home
theater. Kathy Barker 707-374-6850.

Computer A+ Assistance

PC, Laptop, iPhone, iPad
troubleshooting. Install networks,
software. Virus removal. Wireless
connections to printer, computer,
home theater, Netflix. Technical
expert—Robert 707-374-5129.

SERVICES

Faux Finishing @ Its Best

Enhance the beauty of your home
with faux finishes for your walls,
columns, fireplaces and doors. Call
Susan Prince/Oddo 707-374-2167.

Gardening/Design

Tosh Bonsai Gardening and
Design: Trilogy resident, full
service gardener, master pruner
(your roses will look amazing).
Sprinkler installation and repair.
Call Robert at 707-374-3427.

Golf Cart Covers

Attention all golf cart owners.
Now available in Trilogy: golf
cart covers installed starting at
\$200. Call Larry for details at 707-
208-9096 or 707-374-3338.

Handyman

Trilogy resident has over 40 years
of home maintenance experience,
MOEN faucet specialist, ceiling
fan and chandelier installations,
electrical trouble-shooting and
GFCI problems, plumbing leaks,
disposals, toilet maint., and more.
Free estimates. City bus. license
#1654. Bob Bailey 707-374-3391.



SERVICES

Handyman

A Trilogy resident to help with those handyman jobs you can't or don't want to do. Plumbing, electrical, window treatments, assembly, etc. Call Scott 707-374-6013.

Hauling

Ed & Bill's Hauling: Clean-ups, Dump runs, Move furniture, Load and unload trucks, Rain gutters cleaned, Trim bushes. References available. Free estimates. 707-330-0358.

Impeccable Improvements & Repair

Established retired general contractor. .tile and wood floors, bath & kitchen remodels, water leak repairs, drywall damage, privacy walls, iron fences, French doors, indoor/outdoor Jacuzzi tubs, storm doors, cat/dog doors, fireplaces, mantels. 12 year resident. Big or small, I do them all! References available. Your one stop shop in Trilogy. Dominic 707-322-9476.

iPhone Tutoring

Everything you need to know to operate your iPhone. Simple to understand. Easy to use. Fun to learn. Private or group lessons. Call Dory 707-326-6628

Mailboxes Painted

Mailboxes only for \$20. Stand and/or numbers are extra. Appointments taken Wednesdays 10-6 from my home phone. Call Mister T. at 707-374-4036.

SERVICES

Massage

Have Table Will Travel: Massage in the convenience and comfort of your own home. I will come to you. Eastern massage by Jessie Cong. Licensed and insured. 408-250-6497 or email: jessiecong@icloud.com.

Moving?

Let us do the heavy lifting for you. We are local, strong, reliable, careful and affordable. 10 plus years' experience. Call Taylor 925-262-6827.

Notary

My home or yours. Servicing Trilogy for the past 14 years. Please call Eileen Griffin at 707-374-2684. Thank you.

Notary Public

Certified Notary, fast, professional and reliable service. \$8 per signature. Please call Jeffrey 707-374-7541. Thank you.

Notary to Go

Only \$8 per notarization in Trilogy. Loan documents signing no additional charge. Since 1984. Call Warren at 707-374-3477.

Notary Services

\$10 per signature per page/ discounts for multiple pages. Trilogy resident. Elaine Wisz 707-374-4310.

Painting & Drywall

Repaint exterior & interior. Color and texture our specialty. Free estimates. 40 years experience. R. P. Painting, Trilogy Resident CA St. lic. #422737. Call today 707-374-5954.

SERVICES

Pest & Termite Services

Trilogy resident and owner operated. General pest control services include quarterly or bi-monthly services to meet your needs. Termite inspections. Specializing in real estate and refinance. Please call Ron Yocum, Owner, R & D Termite and Pest Control (*formerly Daniel Pest Management*) 925-323-5211.

Pet Care

I will take care of your dog or cat while you are away. I will care for your pet four times a day at \$25 a day. Ken 707-374-3842 or email kenatkins7@aol.com.

Pet Care

Desiree's (Desi) Personalized, Loving Dog & Cat Care: Going out of town? Need overnight house pet sitting? Compassionate & Caring Pet Nanny. Daily dog walks, medication as needed, water plants, mail in. Ph 707-374-3245, cell 925-822-8342

Pet Care

Loving kitty and dog care includes play, meds, mail-in. Hourly pet sitting available. Short notice ok. Serving Trilogy pets since 2007. Accepting advance vacation reservations. Mimi 707-374-4343.

Ron the Painter

Trilogy resident with 10 years' experience interior painting, fences, mailboxes. Good price, good work. Call Ron 707-430-3135.

Want to Run a Classified Ad?

Pick up an ad application form at Member Services. Turn in your completed form by the fifth of the month preceding the month you wish the ad to run. Cost is \$10 for 25 words. Additional words are \$.25 per word. Checks only. Late ads will run in the next issue. All classified advertisers must be current Trilogy residents or current Trilogy homeowners.

The Trilogy Board of Directors is not responsible for expressed opinions or for the authenticity of all presented facts in advertisements. The Board of Directors recommends verifying authenticity of advertisers by requesting contractor license numbers and references, and checking with the California Contractors State License Board and Better Business Bureau (BBB) prior to using the services listed herein.



SERVICES

Rain Gutters Cleaned

Also pressure wash driveway, walkway, patio and outside of house. Trilogy resident Danny 209-570-0302.

Sliding Door Repair

Sliding Door and Screen Door Repair: Stop fighting your sliding door and screens. If it does not slide, I will make it glide. Repair screen rollers, patio door, patio screens, locks, handles, shower door enclosures and wardrobe doors. For a free estimate, please call Jonathan 707-374-2736.

Tax Consultant

Need help in resolving tax issues? Retired IRS Certified Enrolled Agent can help. New Trilogy resident. Call Chuck at 408-823-6964.

SERVICES

Transportation

Reserve your Ride. Trilogy resident will drive you: to or from airports, trains, BART, ferry and medical (will wait). 415-823-7575 Joanne

Transportation

Retired peace officer and Trilogy resident will provide safe transport to your plane, train, ship or BART. Defensive driver trained. Sandra 707-249-1567

Transportation

Husband and wife team will drive Trilogy residents to and from area airports, trains, ships and BART. Safe and reliable. Call Betty or James 707-374-3221.

Transportation

Dave's Transportation since 2009. I will take Trilogy residents to planes, boats and trains. Very dependable. Call 707-374-3192 or cell 949-412-8452.

SERVICES

Weed Pulling

Weed Pulling: Don't break your back; keep your yard tidy. Trimming, weeding, general cleanup, plant new plants. Laurie 707-374-6305 or 925-301-7389.

WANTED

Golf Carts

Cash paid on the spot. Carts can be working or not. Call 707-374-3338 or cell 707-208-9096. Also call regarding rebuilt golf carts.

Sporting Goods

And equipment, especially fishing rods, reels, lures and other paraphernalia. Cash paid on the spot. Free appraisals. Call Ed 707-374-1349 or 925-216-6300.

COMEDY NIGHT



Absolutely Hilarious!

The best in clean stand-up comedy!

Stephen B has performed for more than 30 years for clubs, casinos, corporate

events, Christian venues and on Comedy Central. He also opens for headlining musical acts like Michael Bolton, Wierd Al, Manhattan Transfer, Hiroshima and Al DiMeola.

**Friday October 21, 2016
Vista Club Diablo Ballroom
7:00 p.m.**

Bring your favorite refreshments to enjoy during the show.

Sign up at Vista Club Member Services ~ \$15

Join the Soul Line Dancers

Dance Concert with TRI TIP TRIO



Bruce Gordon and Lloyd Meadows first combined their musical chemistry in 1991 forming Zydeco Flames. Their magic sounds come alive today as the Tri Tip Trio.

Lloyd's mesmerizing washboard, harmonica & soulful vocals, with Bruce's funky, bluesy accordion, and Louie Rodriguez on drums will keep you dancing on your feet or in your seat!

Tri Tip Trio is a fireball of hot dance hall music.

**Bring family, friends, & your favorite refreshments!
Check in begins 6:00 p.m.**

October 29, 2016

Diablo Ballroom,

Vista Club

6:30 - 9:30 p.m.

\$15 per person



Sign up at Vista Club Member Services (reservations limited)

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- As a Trilogy and Saddle Rock Village resident for almost 5 years, I am fully committed to our community.
- For every closed sale, I donate \$100.00 to the Rio Vista Food Pantry.



Kathie Bleier
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